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HANDBOOK *of* RECIPES

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As Used in the
Home Economics Department
of the Public Schools
COLUMBUS OHIO

HANDBOOK OF RECIPES

As Used in the
COURSE IN HOME ECONOMICS
in
COLUMBUS PUBLIC SCHOOLS



Revised and Arranged By
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COLUMBUS, OHIO

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Introduction

FOOD

Food is anything taken into the body which builds or repairs tissue or produces heat and other forms of energy.

Food stuffs are classified as proteins, carbohydrates, fats, mineral matter, and water.

Protein	{ Tissue building food. Energy producing food.
Carbohydrate	Energy producing food.
Fat	Energy producing food.
Mineral Matter.....	Tissue building food.
Water.....	{ Tissue building food. Carrier of food and waste.

PROTEINS

Examples of animal food containing a large amount of protein are eggs, milk, cheese, meat and fish. Examples of vegetable foods providing protein are nuts, peas and beans.

CARBOHYDRATES

This group includes sugar, starch, and cellulose, and is derived almost exclusively from vegetable life. Starch is obtained from grains, potatoes, beans, and other vegetables. The sugar of commerce is generally manufactured from the sugar cane and beet, and is found also in the juices of other plants.

FATS

These are derived from both animal and vegetable foods. Examples are butter, olive oil, and fats of meat.

MINERAL MATTER

Mineral matter has important functions in the body. It is derived from meat, fruits, vegetables, milk and eggs.

WATER

Water composes a large proportion of the body weight. It is also a necessary agent in carrying on the functions of the body.

REASONS FOR COOKING

Food is cooked:

- (1) To make it more digestible.
- (2) To make it more palatable and attractive.
- (3) To kill any living thing it may contain.

METHODS OF COOKING

1. Broiling is cooking directly over a glowing fire.
2. Baking is cooking in the dry heat of an oven.
3. Pan broiling is cooking on a frying pan with little or no fat.
4. Pan baking is cooking on a griddle with little or no fat.
5. Roasting originally meant cooking before an open fire, but in present usage it is cooking in an oven.
6. Boiling is cooking in boiling water.
7. Parboiling is partly cooking in boiling water.
8. Stewing or simmering is cooking in water below the boiling point.
9. Steaming is cooking over boiling water in a steamer or double boiler.
10. Frying is cooking in hot fat, deep enough to cover the article to be cooked.
11. Sautéing is cooking in a small quantity of hot fat.
12. Braising is cooking in a closely covered pan in the oven.

TABLE OF ABBREVIATIONS

t.=teaspoonful.	lb.=pound.
tb.=tablespoonful	f. g.=few grains
c.=cupful.	f. d.=few drops.
pt.=pint.	spk.=speck.
qt.=quart	min.=minute.
oz.=ounce.	hr.=hour.

TABLE OF MEASURES AND WEIGHTS

3 t.	= 1 tb.	4 qt.	= 1 gal.
12 tb. liquid	= 1 c.	8 qt. (dry)	= 1 pk.
16 tb. (dry)	= 1 c.	2 c. sugar	= 1 lb.
2 c.	= 1 pt.	2 c. butter	= 1 lb.
2 pt.	= 1 qt.	4 c. flour	= 1 lb.
		1 sq. chocolate	= 1 oz.

All measurements called for in this book are made level. Flour, powdered sugar, and all lumpy dry materials should be sifted before measuring. A half spoonful is measured by dividing a spoonful lengthwise.

General Directions

RULES FOR WASHING DISHES

1. Scrape the dishes and pile them near the dish pan.
2. Soak starchy dishes in cold water, sugary dishes in hot water. Rinse those used for milk or egg in cold water. Wipe very greasy dishes with paper. Wash and scour the steel knives and forks, using a cork dipped in scouring powder, and wash again.
3. Wash the dishes in hot soap suds; renewing the water often enough to keep it hot and clean.
4. Rinse in clear hot water.
5. Do not put many dishes in either pan at one time.
6. Wipe dry and put in a clean dry place.
7. Never wet the cogs of a Dover beater.
8. Do not let wooden handles of knives or forks lie in water.

DISH TOWELS

Wash dishcloths and towels with hot water and soap suds. Rub with soap and boil frequently. Rinse thoroughly and dry in the open air if possible.

CARE OF THE SINK

After the dishes are put away, wash the sink thoroughly in every part with hot water and soap. Scald with boiling water once a day.

CARE OF THE REFRIGERATOR

Keep the inside of the refrigerator dry and clean. Do not allow food to remain in it long enough to spoil. Wash it with hot soap suds once a week, rinsing with clear hot water and drying thoroughly. The ice chamber and drain pipes also should be washed and scalded.

THE DOUBLE BOILER

The double boiler is of use in cooking foods that burn easily and those that require a low temperature. Care should be taken to keep plenty of water in the lower part of the boiler. A double boiler may be improvised by placing a small saucepan on a wire rest in a larger pan.

LAYING THE TABLE

Everything about the table should be scrupulously clean. See that it is arranged so as to be both orderly and convenient.

First put on the silence cloth and next the linen cloth with the fold parallel to the edge of the table. Then set the table according to the meal that is to be served.

Place a plate for each person, one inch from the edge of the table.

Place the knife on the right side with the sharp edge toward the plate.

Place the fork on the left side, tines up.

Place the spoons at the right of the knife, bowls up.

Place the glass, top up, at the tip of the knife.

Place butter or bread-and-butter plate, at the tip of the fork.

Place a folded napkin at the left of the fork, with the open corner nearest the person.

Fill the glasses within an inch of the top, and serve the butter just before announcing the meal.

RULES FOR SERVING

In passing a dish from which a person is to help himself, go to the left side and hold it so that he can use his right hand.

Go to the right side of each person to place dishes and remove from either side as convenient.

In refilling glasses, draw them to the edge of the table, but do not lift them, unless necessary.

Fruit

APPLE SAUCE

8 tart apples.

$\frac{3}{4}$ c. water.

$\frac{1}{2}$ c. sugar.

Spice.

Wash, pare, quarter, and core the apples. Put in a saucepan with the water and cook, covered, until soft. Mash the apples, add sugar, and spice if desired.

GREEN APPLE SAUCE

Use unripe apples. Wash, quarter, and remove the blossom, but do not pare. Add a small quantity of water and cook, covered, until soft. Press through a colander and sweeten.

APPLE COMPOTE

8 sour apples.

1 c. sugar.

1 c. water.

Wash, pare, quarter, and core the apples. Make a syrup by boiling the water and sugar a few minutes. Add as many pieces of apple as the syrup will cover, and cook until tender but not broken. Remove them and add others until all are cooked. A bit of lemon rind or cinnamon may be cooked in the syrup if desired. Place the apples in a serving dish and pour the syrup around them.

BAKED APPLES

Select sound tart apples for baking. Wash and core them without cutting through the stem end. Pare, if desired, after coring. Place in a granite or earthenware baking dish and pour 1 tb. sugar, mixed with a little spice, if desired, into each cavity. Cover the bottom of the baking dish with hot water. Bake in a hot oven until soft, basting occasionally with the hot water in the pan. Serve hot or cold with cream.

STEAMED APPLES

Sound tart apples are best for steaming. Wash and core them without cutting through the stem end. Do not pare them. Place in a granite or earthenware baking dish. Put a small piece of butter and 1 tb. sugar mixed with a few grains of spice into each cavity. Steam 15 to 20 minutes or until tender. Serve hot or cold with cream.

RHUBARB SAUCE

Cut off the leaves and wash the stalks. Cut into 1-inch pieces, without peeling. Add to the rhubarb $\frac{1}{4}$ as much sugar, and cook in a double boiler until soft; or add a little water and cook in a single boiler. The pieces should remain unbroken. Old rhubarb is more delicate if blanched before cooking. A few strawberries cooked with the rhubarb improve the color and flavor.

BAKED RHUBARB

Prepare as above and bake in an earthen or granite dish until tender and deep red in color.

CRANBERRY SAUCE

4 c. berries.

2 c. sugar.

 $1\frac{1}{2}$ c. boiling water.

Pick over and wash the berries. Put in a stew pan and add the

hot water. Cover and boil ten minutes, taking care the sauce does not boil over. Add sugar and stir until dissolved. Cool and serve.

CRANBERRY JELLY

4 c. berries.

1 c. sugar.

Boiling water.

Pick over and wash the berries. Put in a stew pan and cover with boiling water. Let stand over a low flame just until the skins burst. Drain, add 1 c. boiling water, cover and boil 15 minutes, taking care that they do not boil over. Press through a sieve; add the sugar and boil 5 minutes, uncovered. Turn into molds or glasses.

STEWED PRUNES

Wash the prunes and soak in cold water over night. Simmer or cook in a double boiler until tender. If sugar is used, add it after the prunes are cooked. If desired, a small quantity of lemon juice may be added when the prunes are cold.

STEWED APRICOTS

Prepare and cook dried apricots as directed for Stewed Prunes.

Beverages

Water is a very important factor in our food, as it is found in every tissue and is essential to all parts of the body. Water should always be boiled when there is any doubt about its purity. The flat taste produced by boiling may be overcome by allowing the water to stand covered with a double thickness of clean cheese cloth. Water used to make tea or coffee should always be freshly boiled.

COFFEE

Coffee is a bean grown in tropical countries. It is roasted to develop its flavor, and after grinding should be kept in air-tight cans so that it will not lose its strength. Coffee is best made in a filter coffee pot. Follow the directions which come with it. Tin or copper coffee pots should not be used.

TEA

Tea is the leaf of a plant grown mostly in China and India. The best teas are in whole leaves and buds; the tea dust often sold

is made up of the broken leaves and sweepings from the floors of the tea houses. Like coffee, tea should be kept in tightly closed cans and should never be made in tin or copper pots.

CHOCOLATE AND COCOA

Chocolate is a rich paste manufactured from the cocoa bean. Cocoa is made from chocolate by extracting nearly all of the fat. Because of the starch which they contain, both cocoa and chocolate are improved by thorough cooking.

COCOA

3 c. milk.	2½ tb. cocoa.
1 c. hot water.	3 tb. sugar.
Few grains salt.	1 tb. flour.

Mix dry ingredients, blend with a little hot water; add to the rest of the hot water and cook 5 minutes. Add the milk and heat to the boiling point. Beat with a Dover egg beater to prevent a skin from forming. Add a few drops of vanilla, if desired.

HOT CHOCOLATE

1½ sqs. shaved chocolate.	Few grains salt.
¼ c. sugar.	1½ c. boiling water.
3 c. milk.	

Mix chocolate, sugar, salt and water. Cook 5 minutes, stirring occasionally to prevent burning. Add milk and heat to the boiling point. If desired, ½ t. vanilla may be added. Beat with a Dover beater and serve with or without whipped cream.

BOILED COFFEE

1 c. cold water.
1 c. coffee.
6 c. boiling water.

Scald a graniteware coffee pot. Mix coffee with one-half of the cold water; put into the coffee pot and pour boiling water over it; stir thoroughly, then allow it to come slowly to the boiling point. Boil 3 minutes and turn the fire very low. Pour out a little of the coffee to clear the spout and return to the coffee pot. Add the rest of the cold water to clarify the coffee. Let it stand 10 minutes before serving.

COFFEE CLEARED WITH EGG

1 c. coffee.	1 c. cold water.
1 egg or less.	6 c. boiling water.

Make same as above, with the exception of mixing egg, slightly beaten, with the first half-cup of cold water.

TEA

1 t. tea.

2 c. water.

Put the tea into a scalded earthen or china tea pot and pour the freshly boiled water over it. Cover and allow to steep 3 to 5 minutes. Serve with sugar and cream, if desired, or with sugar and a thin slice of lemon. Tea should be always freshly made and should never be boiled.

LEMONADE

 $\frac{3}{4}$ c. sugar.

1 pt. water.

 $\frac{1}{2}$ c. lemon juice.

Make a syrup by boiling the sugar and water. Cool and add lemon juice; then add enough ice water to suit the taste.

ICED CHOCOLATE

Follow the directions for Hot Chocolate. Chill and serve with chopped ice and whipped cream, if desired.

ICED TEA

Follow the directions for Tea. Chill and serve with chopped ice and a wedge of lemon, and powdered sugar, if desired.

Cereals

Cereals are seeds of grasses. The common ones are wheat, oats, corn, rice, barley, and rye. They are sometimes prepared for market by simply removing the outside husk, and are also manufactured into many different forms.

Cereals require thorough cooking on account of the starch and cellulose which they contain. They may be boiled directly over the fire, but for long cooking, it is safer to use a double boiler.

TIME TABLE FOR COOKING CEREALS

Rolled oats, 1 to 2 hours.

Rolled wheat, 1 to 2 hours.

Granulated wheat, 1 to 2 hours.

Boiled rice, 45 minutes to 1 hour.

Steamed rice, 1 hour.

Fine hominy, 2 hours.

Coarse hominy, 3 hours.

Corn meal mush, 2 to 3 hours.

GRANULATED WHEAT

- $\frac{3}{4}$ c. cereal.
- 4 c. water.
- 1 t. salt.

Put the water and salt in the top part of the double boiler, directly over the fire, and when the water boils pour the cereal in slowly, stirring constantly to keep it from lumping. Allow it to cook until thick and then place the upper part of the boiler in the lower part containing boiling water. Cook 2 or 3 hours.

ROLLED OATS

- 1 c. rolled oats.
- 2 c. water.
- 1 t. salt.

Cook the same as Granulated Wheat.

CORN MEAL MUSH

- 1 c. corn meal.
- 1 t. salt.
- 4 c. water.

Pour the meal slowly into boiling salted water, stirring constantly to prevent lumping. Cook directly over the fire until thick and then place over a low flame or over hot water to continue cooking 2 or 3 hours. Serve with cream and sugar or syrup and butter; or pack in a mold to be used later for Sautéd or Fried Mush.

BOILED RICE

- 1 c. rice.
- 6 c. boiling water.
- 1 t. salt.

Wash the rice in several waters to remove the loose starch. Add it to the boiling salted water and boil vigorously for a few minutes. Cover and cook over a very low flame until tender, from 45 minutes to one hour. The rice should not be stirred during cooking, but may be lifted gently from the bottom, if necessary, to prevent sticking.

STEAMED RICE

- 1 c. rice.
- $3\frac{1}{2}$ to 4 c. water.
- 1 t. salt.

Have the water boiling in the upper part of the double boiler and add the salt. Sprinkle in the well-washed rice. Boil 5 min-

utes directly over the fire; then place the upper part of the boiler in the lower part containing hot water, and cook one hour or until done.

RICE AND CHEESE

3 c. Boiled Rice.	1 c. Thin White Sauce,
About 1 c. grated cheese.	or 1 c. milk.
Cayenne.	Buttered crumbs.

Fill a buttered baking dish with Boiled Rice and pour over it the White Sauce in which the cheese has been melted. If milk is used, cover the bottom of a buttered baking dish with Boiled Rice and sprinkle over it a thin layer of grated cheese and a few grains of salt and cayenne. Repeat until all the rice is used. Add milk to half the depth of contents. Cover with buttered crumbs and bake until brown. Use 1 tb. melted butter to $\frac{1}{2}$ c. dry crumbs.

RICE TIMBALES

1 c. uncooked rice.	1 $\frac{1}{2}$ t. salt.
3 c. boiling water or stock.	1 c. Tomato Sauce.

Put the boiling water, salt and well-washed rice in the upper part of the double boiler and boil for 10 minutes. Place over hot water and cook until the rice is tender. Add the Tomato Sauce, stirring slightly with a fork. Cook 15 minutes longer, pack in buttered timbale molds, and keep in a warm place until firm. Use alone or as a garnish with Pot Roast.

RICE CROQUETTES

$\frac{1}{2}$ c. uncooked rice.	1 egg or 2 yolks.
$\frac{1}{2}$ c. boiling water.	1 tb. butter.
1 c. to 1 $\frac{1}{2}$ c. hot milk.	2 tb. sugar, if desired.
$\frac{1}{2}$ t. salt.	Fat-proof Coating.

Add the salt to the water boiling directly over the fire in the upper part of the double boiler. Sprinkle in the well-washed rice and boil until the water is absorbed. Place over hot water, add 1 c. of the hot milk and cook, covered, 1 hour or until soft. If the rice becomes dry before it is tender, add a little more hot milk. Cool slightly and add beaten egg and butter, and the sugar if desired. When cold, form into balls. Dip in sifted crumbs, shape into nests or cylinders; and dip in egg and in crumbs to complete the Fat-proof Coating. Fry and drain on unglazed paper. Serve hot as a vegetable, and, if in the shape of nests, garnish with jelly.

RICE CAKES

- 2 c. cooked rice.
- 2 eggs, beaten slightly.
- $\frac{1}{4}$ t. salt.

Mix the ingredients. Drop by tablespoonfuls on an oiled frying pan and sauté until delicately browned on both sides. If desired, 2 th. sugar may be added.

HOMINY

- 1 c. dried hominy.
- 4 c. boiling water.
- 1 t. salt.

Wash the hominy and soak it in cold water over night. Drain and add to boiling salted water. Cook 5 minutes directly over the fire and then over hot water for two hours, or until soft, adding more water if needed.

HOMINY CAKES

- 2 c. cooked hominy.
- 1 or 2 eggs, beaten slightly.
- $\frac{1}{3}$ t. salt.

Mix ingredients. Drop by tablespoonfuls on an oiled frying pan, and sauté until delicately browned on both sides. Serve immediately.

CEREAL WITH FRUIT

Hot cereals may be served with many kinds of fruit. Left over cereal may be packed in molds with fruit and served cold with cream and sugar.

SAUTED OR FRIED MUSH

Pack left over cereal in greased molds. When cold, cut in slices and brown in a little fat on the griddle or fry in deep fat. Serve with syrup.

CARAMEL SYRUP

- 1 c. sugar.
- 1 c. boiling water.

Melt the sugar in a sauce pan, stirring constantly until light brown. Add the hot water and simmer to make a syrup.

Macaroni and Spaghetti

Macaroni, spaghetti and vermicelli are made from coarsely ground wheat flour very rich in gluten. The flour is made into a dough with hot water. It is then placed in a press and forced out through holes and dried.

BOILED MACARONI OR SPAGHETTI

- 1 c. macaroni, or spaghetti.
- 2 qt. water.
- 1 tb. salt.

Wash the macaroni or spaghetti and break it in pieces. Cook in boiling salted water until soft. Drain and pour over it a cup of cold water to prevent pieces from clinging together. Drain and re-heat in Tomato Sauce or bake with cheese or meat and any desired seasoning.

TOMATO SAUCE

- | | |
|---------------|---------------------------------|
| 1 c. tomato. | $\frac{1}{2}$ t. chopped onion. |
| 2 tb. butter. | $\frac{1}{2}$ t. salt. |
| 2 tb. flour. | $\frac{1}{8}$ t. pepper. |

Cook the onion in the tomato 3 minutes. Cream the butter, flour, salt, and pepper together. Strain the tomato and add it to the mixture gradually, stirring to make it smooth. Cook 5 minutes, stirring constantly.

MACARONI AND CHEESE

Put alternate layers of Boiled Macaroni and grated cheese into a buttered baking dish. Pour over them Thin White Sauce, seasoned with salt and a few grains of cayenne. Cover with buttered crumbs and bake until crumbs are brown.

BAKED SPAGHETTI

- | | |
|---|------------------------------|
| 3 c. Boiled Spaghetti. | 1 $\frac{1}{2}$ c. tomatoes. |
| $\frac{1}{2}$ to 1 c. cooked meat. | 2 tb. melted butter. |
| $\frac{1}{2}$ sweet green pepper. | Salt. |
| $\frac{1}{2}$ small onion. | Pepper. |
| $\frac{1}{2}$ to 1 c. mushrooms if desired. | |

Chop the onion, green pepper, mushrooms, and meat. Add the Boiled Spaghetti, seasoning and tomatoes. Put the mixture in a buttered baking dish. Cover with buttered crumbs, if desired. Bake in a moderate oven about 30 minutes.

Vegetables

Great care should be taken to prepare vegetables in such a way as to retain all of their food value and flavor and those which contain starch should be thoroughly cooked. Various parts of plants are used as food. Examples:

Tubers (under ground stems) : White potatoes.

Roots: Carrots, turnips, beets, sweet potatoes, and radishes.

Stems: Celery, asparagus.

Bulbs: Onions.

Leaves: Cabbage, lettuce, spinach.

Flowers: Cauliflower.

Fruit: Tomatoes, beans, peas, cucumbers, and egg plant.

TIME TABLE FOR BOILING VEGETABLES

Asparagus (young), 20 to 30 min.

Asparagus (old), 30 to 40 min.

Beans, (string), 1 to 2½ hrs.

Beans (dried lima or navy, after soaking), 1½ to 2 hrs.

Beets (young), 45 min. to 1 hr.

Beets (old), 3 to 4 hrs.

Cabbage (young), 30 min.

Cabbage (old), 1 hr.

Cauliflower, 25 to 40 min.

Green Corn, 10 to 15 min.

Onions, 50 min. to 1 hr.

Parsnips, 30 to 55 min.

Potatoes, 20 to 35 min.

Potatoes (sweet), 25 to 30 min.

Peas, 20 min. to 1 hr.

Squash (summer), 20 to 55 min.

Squash (winter), 1 to 1½ hrs.

Tomatoes (stewed), 15 to 20 min.

Turnips, 40 min. to 1 hr.

BOILED POTATOES

6 potatoes.

Water.

 $\frac{1}{2}$ tb. salt.

Scrub the potatoes and remove the eyes and dark spots. If they are to be pared, take as thin a paring as possible and drop them into cold water. New potatoes should not be pared but may be scraped. Cook in boiling salted water until tender, but do not allow the water to boil violently as the potatoes are likely to be broken. Drain and shake them gently over the flame to dry them. Season with butter, pepper and salt and serve immediately or prepare according to one of the recipes following. New potatoes cannot be mashed.

MASHED POTATOES

6 medium potatoes.

 $\frac{1}{3}$ c. hot milk or more.

3 tb. butter or less.

1 t. salt.

Pare and boil the potatoes as above. Drain and mash them, add seasoning, and milk, and beat with a fork to make light and creamy. If the potatoes are mashed over hot water in a double boiler they will keep hot and light. If desired, the milk may be heated in the pan with the potatoes, by pushing them to one side after they are mashed.

POTATO CAKES

Shape cold Mashed Potatoes into small cakes. Roll them in flour and sauté in hot fat.

POTATO CROQUETTES

Use Mashed Potatoes, adding a little minced parsley and a well beaten egg if desired. Shape into croquettes and dip in Fat-proof Coating. Fry and drain on unglazed paper.

CREAMED POTATOES

3 c. Boiled Potatoes.

2 c. Medium White Sauce.

Small new potatoes may be served whole. Others should be cut when cold in cubes or slices. Add the potatoes to White Sauce and serve hot. Garnish with a little paprika or parsley if desired.

CREAMED POTATOES (Quick Method)

3 c. Boiled Potatoes.	2 c. milk.
4 tb. flour.	Salt.
3 tb. butter or less.	Pepper.

Cut cold Boiled Potatoes into small cubes or slices. Put them in a sauce pan and sprinkle the flour, salt and pepper through them. Add the milk and butter and cook 15 or 20 minutes over a low flame, adding a little more milk if needed.

CREAMED POTATOES (Onion Flavor)

3 c. Boiled Potatoes, diced.	4 tb. flour.
1 tb. lard or other fat.	2 c. milk.
$\frac{1}{2}$ small onion, sliced.	Salt.
1 tb. butter.	Pepper.

Sprinkle the flour, pepper, and salt through the potatoes. Heat the lard in a frying pan, and cook the onion in it until light brown. Add the potatoes, butter and milk and cook 5 minutes over a moderate fire. Reduce the heat and cook 15 or 20 minutes.

LYONNAISE POTATOES

2 c. cold Boiled Potatoes.	1 tb. minced onion.
Salt.	2 tb. butter or other fat.
Pepper.	1 tb. minced parsley.

Cut the cold Boiled Potatoes into one-half inch cubes. Sprinkle with salt and pepper. Cook the onion in the butter until brown. Then remove the onion and cook the potatoes in the butter, turning them to brown evenly. Sprinkle with parsley and serve.

SAUTED POTATOES

Peel cold Boiled Potatoes and cut them into small cubes or slices. Sprinkle with salt and pepper, and sauté until delicately browned, lifting and turning occasionally. This should be done in a few minutes. Serve immediately.

PANNED POTATOES (Quick Method)

Wash and pare the potatoes. Cut them in fourth inch slices, and place in a pan. Add hot water to half the depth of the potatoes and season with butter, pepper and salt. Cover closely and cook until the potatoes are soft, lifting and turning them occasionally and adding a little water, if necessary, to prevent scorching. They should be almost dry when done and should be served immediately.

BAKED POTATOES

Select smooth potatoes of uniform size. Scrub them and bake in a hot oven until tender. When done, prick each potato with a fork to allow steam to escape. If a soft skin is desired, brush the potatoes before baking with melted butter, lard or bacon fat.

STUFFED BAKED POTATOES

Cut hot Baked Potatoes in two lengthwise or cut off one end. Scoop out the inside, mash, and season as Mashed Potatoes. Put back in the shells lightly, and return to the oven to brown. Chopped cooked meat or grated cheese may be mixed with the filling or sprinkled over the top.

POTATOES ROASTED WITH MEAT

Scrub the potatoes and pare them, and boil 10 minutes in salted water. Drain and place the potatoes in the pan with the roast during the last 40 or 50 minutes of cooking. Turn the potatoes over from time to time, and cook until tender and brown.

SCALLOPED POTATOES

Wash, pare, and slice potatoes. Put a layer into a buttered baking dish; sprinkle with salt, pepper and flour, and dot with bits of butter. Repeat until the dish is full. Add hot milk until it may be seen on top. Cover and bake in a moderate oven until the potatoes are tender (about an hour and fifteen minutes). Uncover and brown them.

POTATO CHIPS

Pare potatoes and cut into very thin slices. Soak one hour in ice water. Remove from water and dry between the folds of a clean cloth. Fry in deep fat, being careful to brown them evenly. Drain on unglazed paper and sprinkle lightly with salt.

FRENCH FRIED POTATOES

Select small potatoes of uniform size. Cut into eighths lengthwise. Soak in cold water and proceed as above.

BAKED SWEET POTATOES

Prepare as directed for Baked Potatoes.

SAUTED SWEET POTATOES

Scrub the potatoes and cook in boiling water until tender. Drain off the water, remove the skins and serve; or brown in a little butter in the frying pan or oven; or mash, make into cakes and sauté.

GLAZED OR CANDIED SWEET POTATOES

5 or 6 medium sized potatoes.	2 tb. water.
$\frac{1}{2}$ c. sugar, brown or granulated.	$\frac{1}{2}$ t. salt.
Butter.	

Wash the potatoes and cut out the imperfections. Boil 20 minutes. Drain, scrape off the skins, cut in lengthwise slices $\frac{1}{2}$ inch thick and arrange on a buttered pie tin. Make a syrup by boiling sugar, salt and water 5 minutes. Pour part of the syrup over the potatoes, dot them with butter and bake in a moderate oven 20 to 30 minutes, or until well browned and tender. Baste with remaining syrup during baking. More butter may be used, and the salt omitted.

BROWNED PARSNIPS

Wash and scrape the parsnips. Large parsnips may be split. Brown on all sides in a little butter. Sprinkle with salt and add a few spoonfuls of water. Cover and cook slowly over a very low flame until tender. More water may be needed from time to time to keep the parsnips from burning.

STEAMED WINTER SQUASH

Choose a winter squash, heavy in proportion to its size. Wash and break it into pieces. Scrape out the seeds and stringy portion. Place pulp side up in a steamer and steam half an hour, or until tender. After removing the pulp from the shell, mash and season it with salt, pepper, butter and a little sugar, if needed. If too dry beat in a little hot milk.

BAKED SQUASH

Wash the squash and cut into pieces suitable for serving. Remove the seeds and stringy portion and place the pieces on a shallow pan. Sprinkle with salt and pepper and dot with butter. Bake in a hot oven. Serve in the shell or mash as above.

MASHED TURNIPS

Wash and pare the turnips. Cut in slices and cook in boiling salted water until tender. Drain, mash and season with butter, pepper and salt.

CREAMED TURNIPS

2 c. turnips.

1 c. Medium White Sauce.

Wash and pare the turnips. Cut in half-inch cubes. Cook in boiling salted water until tender. Drain and add White Sauce.

BUTTERED PEAS

Shell the peas and wash them. Cook until tender in enough hot water to cover them, allowing the liquor to cook down. Season with salt, pepper, and butter, and sugar if needed.

CREAMED PEAS

2 c. cooked peas.

1 c. Medium White Sauce.

Heat the peas in the White Sauce. The liquor from the peas may be used in making the sauce.

PEA PATTIES

Fill Patty Shells with hot Creamed Peas.

CARROTS

2 c. carrots.

1 c. Medium White Sauce, or

Butter, pepper, and salt to taste.

Wash and scrape the carrots. Cut into cubes or slices and cook until tender in boiling salted water, allowing the liquor to cook down. Add White Sauce or season with butter, pepper, and salt.

CARROTS AND PEAS

1 c. diced carrots.

2 tb. butter or less.

1 c. cooked peas.

 $\frac{1}{2}$ t. salt.

Few grains pepper.

Wash and scrape the carrots. Cut into dice the size of the peas. Cook until tender in enough boiling salted water to cover, allowing the liquor to cook down. Heat the peas and carrots with the seasoning, to the boiling point, but do not continue to boil.

STEWED CORN

Remove the husks and silk from the corn. Cut off the tips of the kernels with a sharp knife and scrape out the remaining pulp with the back of the knife. Add a little water and cook the corn over a low flame 20 to 30 minutes, being careful not to scorch it. Season with butter, pepper, salt, and a little sugar if needed.

SCALLOPED CORN

1 can corn.	Few grains pepper.
1 c. milk.	2 t. sugar.
2 tb. flour.	$\frac{1}{2}$ c. soft stale bread crumbs.
2 tb. butter or less.	$\frac{1}{2}$ c. fine dry crumbs mixed with
1 t. salt.	1 $\frac{1}{2}$ tb. melted butter.

Make a White Sauce of the milk, flour, butter, salt, and pepper; add the corn, soft crumbs, and sugar. Cover the bottom of a buttered baking dish with half of the buttered crumbs. Pour in the corn mixture, cover with remaining crumbs, and bake in a moderate oven until crumbs are browned.

BAKED CORN

2 c. Stewed Corn.	1 tb. butter.
2 eggs.	2 c. hot milk.
1 t. salt.	Few grains pepper.

Beat the eggs slightly and add to the corn, seasonings and milk. Put in a buttered baking dish. Set the dish in hot water and bake in a slow oven until it thickens. A few drops of onion juice may be added to the seasonings.

CORN OYSTERS

2 c. pulp of corn.	Salt and pepper to taste.
2 eggs well beaten.	$\frac{1}{2}$ c. flour.

Grate raw corn slightly and scrape out the pulp with the dull edge of a knife. If canned corn is used it should be chopped fine and may be pressed through a sieve. Add the eggs to the corn and enough of the flour to make a pour batter. Season to taste, adding a little sugar if the corn is not sweet. Drop by teaspoonfuls on a hot oiled griddle and brown on both sides.

SUCCOTASH

Cook lima beans until nearly tender. Cut off tips of kernels of corn and scrape out the pulp with the dull edge of a knife. Add to the beans and cook 20 to 30 minutes. Season with butter, salt and pepper. Dried lima beans and canned corn may be used.

CREAMED SALSIFY (Oyster Plant)

2 c. sliced salsify.
1 c. Medium White Sauce.

Wash and scrape the salsify and place at once in cold water. Cut in one-eighth inch slices crosswise and cook until tender in boiling salted water, allowing the liquor to cook down. Add to the White Sauce.

SALSIFY CAKES

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| 2 c. cooked mashed salsify. | Few grains pepper. |
| 1 tb. butter melted. | $\frac{2}{3}$ t. salt. |

Wash and scrape the salsify and place at once in cold water. Cook until tender in boiling salted water. Mash and season with butter, pepper, and salt. Shape into small cakes, roll in flour, and sauté in butter or fry in deep fat.

BOILED CABBAGE

Take off outside leaves of cabbage, cut it in quarters, and remove the tough stalk. Soak in cold water and cook uncovered in boiling salted water until tender (from 30 minutes to one hour). Drain and serve; or chop and season with butter, salt, and pepper.

SCALLOPED CABBAGE

- 1 small head of cabbage.
- 2 c. Medium White Sauce.
- Buttered crumbs.

Cook the cabbage as directed for Boiled Cabbage. Cut it in pieces and put in a buttered baking dish. Add the White Sauce and lift the cabbage with a fork to mix it with the sauce. Cover with buttered crumbs and brown in the oven.

STUFFED CABBAGE

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| 1 medium sized cabbage. | Butter. |
| 1 lb. ground round steak. | Salt. |
| 1 c. soft stale bread crumbs. | Pepper. |

Remove the outside leaves and core from the cabbage and wash it. Mix the meat, crumbs and seasonings. Stuff the cabbage with this mixture and tie a large leaf over the top. Cook in boiling salted water until tender, from one to two hours. Drain and serve.

CAULIFLOWER

Remove the leaves and stalk from the cauliflower and separate it into pieces. Cook in boiling salted water until tender. Drain and season with butter, pepper, and salt or serve in Medium White Sauce. If the cauliflower is soaked an hour in cold water it may be cooked and served whole.

BOILED ONIONS

Put onions in cold water and remove skins while under water. Drain and put in a saucepan; cover with boiling water and let stand five minutes. Pour off the water. Cover again with boiling salted water and cook 1 hour, or until soft but not broken. Drain

and add a small quantity of milk. Cook 5 minutes and season with butter, pepper, and salt. Onions may be scalloped like cabbage.

STUFFED ONIONS

Prepare as directed for Boiled Onions. Push out the soft centers, leaving the outer layers intact. Chop the centers and add soft stale bread crumbs, chopped nuts, or cooked meat, and enough Medium White Sauce to moisten. Stuff the onion cups with this mixture. Sprinkle the top with buttered bread crumbs and bake in a hot oven till crumbs are brown.

SPINACH

Pick over the spinach and remove the roots. Put in a pan with plenty of water, so that the sand will settle. Shake the leaves and lift out. Repeat until free from sand. Drain well and cook covered 10 to 15 minutes over a low flame, without adding water. A little butter or bacon fat may be melted in the pan before putting in the spinach. Season with salt, pepper, and vinegar if liked. Serve garnished with slices of Hard Cooked Egg.

ASPARAGUS

Break off the lower tough part of the stalks, as far down as they will snap, and discard them. The asparagus may be cooked whole or broken into inch lengths. Cook in boiling salted water until tender, leaving the tips out of water the first ten minutes. Drain and spread with butter; or boil down the water in which the asparagus was cooked, and use it in White Sauce to serve with the asparagus on toast.

CREAMED CELERY

1½ c. Medium White Sauce.

2 c. celery.

Separate and wash the celery, removing the leaves. Cut in half-inch lengths and cook in boiling salted water until tender, allowing the liquor to cook down. Make a Medium White Sauce, substituting the liquor from the celery for part of the milk. Add the celery and serve on toast.

FRIED EGG-PLANT

Wash the egg-plant and pare it. Cut in thin slices and pile them on a dish, sprinkling each one with salt. Let them stand an hour with a weight on top to press out the juice. Drain, dip in Fat-proof Coating or batter and fry. Make the batter by mixing 1 c. flour, ¾ c. milk, 2 eggs, and a little salt and pepper.

STUFFED EGG-PLANT

1 egg-plant.	F. g. pepper.
2 tb. butter or bacon fat.	1 beaten egg.
1 t. minced onion.	Stock or water.
1 c. soft, stale bread crumbs.	1 t. salt.

Buttered Crumbs.

Wash the egg-plant and cook it about 15 minutes in boiling salted water. Cut off the top and scoop out the pulp. Chop the pulp and add butter, crumbs and seasoning. Moisten with stock or water and cook 5 minutes. Cool a little and add the egg. Fill the shell with this mixture, cover with buttered crumbs, and bake from 20 to 30 minutes.

STEWED TOMATOES

Wash the tomatoes, scald them, and remove the skins. Cut in quarters and simmer 15 or 20 minutes. Season with butter, salt, pepper, and sugar if desired. Small cubes of stale bread or toast may be added just before removing from the fire.

SCALLOPED TOMATOES

1 qt. can tomatoes.	1 tb. sugar.
1 t. salt.	$\frac{1}{2}$ t. grated onion.
$\frac{1}{8}$ t. pepper.	2 c. soft stale bread crumbs mixed with 2 tb. melted butter.

Mix these ingredients, reserving one-half cup buttered crumbs. Pour into a buttered baking dish, cover with reserved crumbs and bake until brown.

SAUTED TOMATOES

6 tomatoes.	1 t. salt.
1 egg.	$\frac{1}{8}$ t. pepper.
1 tb. water.	1 c. dry crumbs.
1 tb. sugar if desired.	

Select under-ripe or green tomatoes. Wash and cut them cross-wise into half-inch slices. Beat the egg slightly, add water and seasoning. Dip the slices in the mixture, then in the crumbs and sauté. Milk Gravy may be served over the tomatoes.

MILK GRAVY

2 tb. flour.	1 c. milk.
Cold water.	Pepper. Salt.

Blend the flour with a little cold water, stirring until the lumps disappear. Heat the milk in the pan from which the tomatoes have been removed. Add the flour mixture and cook five minutes, stirring constantly.

STUFFED TOMATOES

6 tomatoes.	$\frac{1}{2}$ c. cooked chopped meat.
2 tb. butter.	1 tb. sugar, if desired.
1 tb. finely minced onion.	1 t. salt.
1 c. soft stale bread crumbs.	$\frac{1}{8}$ t. pepper.
	1 tb. finely minced parsley.
$\frac{1}{3}$ c. dry crumbs.	

Wash the tomatoes but do not peel them. Cut a thin slice from the top and scoop out the inside. Melt 1 tb. butter and add the onion, soft crumbs, meat, parsley, tomato pulp, sugar, salt, and pepper. Cook a few minutes. Stuff the tomatoes with this mixture, cover with crumbs mixed with the remaining butter and bake in a hot oven until crumbs are browned.

STUFFED PEPPERS

5 medium-sized green peppers.	1 t. minced onion.
1 c. chopped cooked meat.	1 t. salt.
$\frac{1}{2}$ c. dry or 1 c. soft stale bread crumbs.	$\frac{1}{3}$ c. dry crumbs mixed with 1 tb. melted butter.
1 c. Thin White Sauce or gravy.	

Wash the peppers and cut out the stem, removing a small portion of the pepper around it. Take out the seeds and partitions. Simmer the peppers 15 to 20 minutes and drain. Mix the meat, bread crumbs, onions, and salt with the White Sauce. Stuff the peppers with this mixture, cover the tops with buttered crumbs, and place in a pan containing a little hot water. Bake 30 minutes, when the crumbs should be brown. A cup of cooked rice may be substituted for bread crumbs in the stuffing. Peppers may be stuffed with macaroni and Tomato Sauce, or with tomato, celery, corn, and crumbs, in any desired combination.

BUTTERED BEETS

Cut off the leaves and part of the stems. Wash the beets and cook in boiling water until tender. Drain and cover with cold water. Slip off the skins and cut into quarters or slices. Reheat in a double boiler, seasoning with butter, salt, pepper, and a little vinegar, if desired.

PICKLED BEETS

Cook the beets and remove skins as above. Cut in slices and cover with diluted vinegar, adding a little sugar, salt and pepper, if desired.

BEET RELISH

2 c. chopped cooked beets.	$\frac{1}{4}$ c. sugar.
$\frac{1}{2}$ c. grated horseradish root.	$\frac{1}{2}$ t. salt.

Vinegar to cover.

Mix ingredients in the order given and serve cold as a relish with the meat course at dinner.

BEET GREENS

Pick over the beet leaves, remove the stems and wash thoroughly. Drain well and cook in boiling salted water until tender. Allow the water to boil down and season with salt, pepper, and butter. Serve with vinegar if desired.

GREEN BEANS

Wash the beans and string them. Cook in boiling water until tender, allowing the liquor to cook down. Season with salt, pepper, and butter.

GREEN BEANS WITH MEAT

Wash the beans and string them. Cook in boiling water with a piece of ham, bacon or salt pork, until tender, allowing the liquor to cook down. Season with pepper, and salt if needed.

CREAMED LIMA BEANS

1 c. dried lima beans.	$\frac{3}{4}$ c. cream or Thin White Sauce.
Water.	Salt.

Wash and soak beans in cold water over night. Drain and cook until soft, in sufficient boiling water to cover them. Salt when nearly done and allow the liquor to cook down until it thickens. Add cream or White Sauce. Reheat and serve.

BOSTON BAKED BEANS

1 qt. navy beans.	1 tb. salt.
Cold water.	1 tb. molasses or more.
$\frac{1}{2}$ lb. salt pork or less.	3 tb. sugar.

1 c. boiling water.

Pick over and wash the beans. Soak over night in cold water. Drain and cover with fresh water; simmer until skins begin to burst. Drain the beans, throwing the water out of doors—not in the sink because of the odor. Scald and scrape the rind of the pork. Place $\frac{1}{4}$ -inch slice of pork in the bottom of the bean pot. Cut through the rind of the remaining pork, making cuts one inch deep. Put the beans in the pot and bury pork in them, leaving the rind exposed. Mix the seasoning with 1 c. boiling water and pour over

the beans. Add enough more boiling water to cover them. Cover the bean pot; put in oven and bake slowly 6 to 8 hours, uncovering the last hour to allow beans to brown. Add water as needed.

BEANS WITH BACON

2 c. navy beans.

$\frac{1}{2}$ lb. bacon, sliced.

Pick over and wash the beans and soak over night in cold water. Boil 5 minutes in sufficient water to cover. Drain and put into a shallow pan, laying the bacon on top. Cover with hot water and bake in a moderate oven until beans are soft and brown. About 3 hours will be required. Add water at intervals as necessary and stir occasionally to brown the beans throughout.

BAKED LENTILS

Prepare as directed for Beans with Bacon, or Boston Baked Beans, adding a few drops of onion juice if desired.

BEAN OR LENTIL CROQUETTES

1 c. dried beans or lentils.

1 t. salt.

1 stalk celery.

$\frac{1}{8}$ t. pepper.

1 or 2 c. soft stale bread crumbs.

1 tb. chopped parsley.

1 or 2 eggs.

Few drops onion juice.

$1\frac{1}{2}$ tb. melted butter.

$\frac{1}{2}$ c. broken nut meats if desired.

Soak beans or lentils over night in cold water to cover. Cook with the celery in boiling water two hours, or until soft; drain and press through a sieve, or grind in a food chopper. To the pulp, add the remaining ingredients. Cool the mixture, shape into croquettes, dip in Fat-proof Coating and fry. Drain on unglazed paper, and serve with or without Tomato Sauce. The croquettes may be browned in the oven instead of being fried.

BEAN OR LENTIL LOAF

Use the Bean or Lentil Croquette mixture, shape into a loaf and bake on a shallow pan or steam. Serve with or without Tomato Sauce.

Milk

Each food stuff is represented in milk, making it an excellent food. The products of milk are cream, butter, buttermilk, and many kinds of cheese.

CARE OF MILK

1. Wash the top of milk bottles before emptying them.
2. Vessels used for milk should be thoroughly washed and scalded.
3. Never leave milk uncovered.
4. Keep milk in glass, earthen or enameled ware or new tin dishes.
5. As milk absorbs odors very easily, it should not be left near anything which has a strong odor.
6. Milk should be cooled quickly and kept cold.

WHITE SAUCE

	Thin.	Medium.	Thick.
Butter	1 tb.	2 tb.	2½ tb.
Flour	1 tb.	2 tb.	4 tb.
Milk	1 c.	1 c.	1 c.
Salt	¼ t.	¼ t.	¼ t.
Pepper	f. g.	f. g.	f. g.

Note—In making larger quantities the amount of butter may be decreased. It is safer to cook White Sauce over hot water after the boiling point is reached. This requires longer cooking.

Methods of Combining

I. Mix the dry ingredients together. Melt butter in a saucepan, remove from fire and add dry ingredients, stirring until all lumps disappear. Add cold milk and return to fire. Stir constantly and cook five minutes.

II. Cream the butter with dry ingredients. Add hot milk gradually, stirring to keep the mixture smooth. Cook 5 minutes, stirring while it thickens.

III. Mix the dry ingredients and blend with enough cold milk to pour easily. Have the rest of the milk hot and add the mixture to it gradually, stirring constantly until thickened. Cook 5

minutes. Stir in the butter. The amount of butter may be decreased, when the sauce is made by this method.

JUNKET

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| $\frac{1}{4}$ c. sugar. | 1 rennet tablet dissolved in |
| 1 qt. milk. | 1 tb. cold water. |
| | 1 t. vanilla. |

Heat the milk in a double boiler until it is just lukewarm. Add the sugar and vanilla, and stir until the sugar is dissolved. Pour into serving dishes and add rennet. Let the mixture stand in a warm room until it begins to thicken; then, taking care not to jar it, put in a cool place and leave until firm. Sprinkle with a little cinnamon or nutmeg if desired, and serve with cream and sugar.

CHOCOLATE JUNKET

Melt 1 square of chocolate; add to it $\frac{1}{2}$ cup hot milk; stir and cook until perfectly smooth. When cooled, blend with the milk and proceed as for plain Junket, using $\frac{1}{2}$ c. sugar. Serve with sweetened whipped cream flavored with vanilla.

Cheese

COTTAGE CHEESE

Place thick freshly soured milk or buttermilk over a pan of hot water (not boiling). When the milk is warm and the curd separates from the whey, drain in a cheese cloth until dry. Put the curd into a bowl and add salt, pepper, and cream to taste, mixing with a fork. Serve lightly heaped up.

SWEET MILK CHEESE

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| 1 qt. skimmed milk. | 1 rennet tablet dissolved in |
| Cream. | 1 tb. cold water. |
| | Salt. |

Heat the milk in double boiler until it is just lukewarm. Add the dissolved rennet and let the mixture stand in a warm room, until it thickens, stirring occasionally. Drain until dry in a cheese cloth. Place the cheese in a bowl, add salt to taste and cream to moisten, mixing with a fork. Serve cold.

SCALLOPED CHEESE

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| 1½ c. hot milk. | 2 eggs or less. |
| 1 c. grated cheese. | 5 or 6 slices of soft stale bread. |
| 1 t. salt. | 2 tb. butter or less. |

Beat the eggs slightly, add milk and salt. Butter the bread and cut into small pieces. Arrange in a buttered pudding pan, alternating with the cheese, and having bread on bottom and top layers. Pour the liquid mixture over the bread until it can be seen on top, adding more milk if necessary. Bake in a slow oven 20 to 30 minutes.

CHEESE FONDUE

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| 1 c. scalded milk. | 1 tb. butter. |
| 1 c. soft stale bread crumbs. | ½ t. salt. |
| ¼ lb. mild cheese cut in
small pieces. | Few grains cayenne.
3 eggs or 2. |

Mix all ingredients but the eggs; add the yolks of eggs well beaten; cut and fold in whites of eggs beaten until stiff. Pour into a buttered baking dish. Bake 20 minutes in a moderate oven. Serve at once.

WELSH RAREBIT

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| 1 tb. butter. | ⅓ t. salt. |
| 2 t. cornstarch or 1 tb. flour. | ¼ t. mustard. |
| 1 c. milk. | Few grains cayenne. |
| ½ lb. soft mild cheese, cut
in small pieces. | Toast or crackers. |

Melt the butter, add dry ingredients, stir until well mixed; then add milk gradually and cook until it thickens. Add cheese and stir until it melts. Serve on bread toasted on one side, the mixture being poured over untoasted side.

CHEESE WAFERS

Sprinkle crisp wafers with a thin layer of grated cheese seasoned with a few grains of cayenne. Bake in a slow oven until the cheese melts. Serve with salad.

Eggs

An egg is covered by a porous shell lined with a membrane, just inside of which is the white. This surrounds the yolk which is enclosed in another membrane and held in place by two cords.

A fresh egg has a rough thick shell. It sinks to the bottom when placed in water and looks clear when held to the light. As the egg grows older, the water in it evaporates and air laden with bacteria takes its place, causing the egg to spoil. Any method which excludes the air helps to keep the egg fresh. Placing in cold storage, packing in sawdust, salt or lime water are common ones.

POINTS IN USING EGGS

1. Eggs should be washed before using.
2. Eggs used for enriching or thickening a mixture are only slightly beaten.
3. Yolks and whites must be beaten separately when used to lighten a mixture.
4. In separating the white from the yolk, be careful not to break the yolk, as even a small portion of it keeps the white from becoming stiff when beaten.
5. Whites of eggs must not be beaten until just before using.
6. Eggs should be cooked below the boiling point of water as they are toughened by too high a temperature.

SOFT COOKED EGGS

Lower the eggs with a spoon into a saucepan of boiling water, having enough water to cover them. Remove saucepan immediately from the fire and let it stand covered 7 to 10 minutes or less if wished very soft.

HARD COOKED EGGS

Lower the eggs with a spoon into a saucepan of boiling water. Then place the pan where the water will keep just below the boiling point 30 to 45 minutes. The shells may be easily removed if the eggs are dropped into cold water as soon as they are done.

SCRAMBLED EGGS

6 eggs. $\frac{1}{2}$ c. milk or water.
 $\frac{1}{2}$ t. salt. $\frac{1}{8}$ t. pepper.
 1 tb. butter.

Beat the eggs slightly, add salt, pepper and milk. Put butter into a hot, smooth frying pan. When melted, pour in the egg mixture. Cook until creamy over a low fire or over hot water, stirring from the bottom of the pan as it thickens. Serve on or with slices of hot buttered toast.

POACHED EGGS

Have a shallow saucepan nearly full of boiling salted water, allowing 1 t. salt to each pint of water. Reduce the flame just enough to stop the boiling. Break each egg carefully into a saucer and slip it into the water, which should be just deep enough to cover the eggs. Let them cook without boiling until a film has formed over the yolk and the white is firm. Remove with a buttered skimmer and place each egg on a slice of hot buttered toast. Season with salt, pepper, and butter to taste. Egg poachers or buttered muffin rings may be placed in the water before putting in the eggs, to keep them in shape.

FOAMY OMELET

4 eggs. Few grains pepper.
 $\frac{1}{2}$ t. salt. 4 tb. water.
 1 tb. butter.

Separate the yolks from the whites. Add the water to the whites and beat until stiff. Drop in the yolks, add seasoning and fold in with a spatula. Heat an omelet pan and butter sides and bottom; turn in the mixture, spread evenly and cook over a low fire until well puffed and delicately browned underneath. Place on the grate in the oven to cook the top. The omelet is done, if firm and dry when pressed with the finger. Fold and turn out on a hot platter. Serve at once.

CREAMY OMELET

4 eggs. $\frac{1}{2}$ t. salt.
 4 tb. water or milk. Few grains pepper.
 1 tb. butter.

Beat the eggs slightly, using a fork; add the salt, pepper, and milk or water. Melt the butter in a hot omelet pan without letting it brown. Turn in the egg mixture, cook over a low fire, and as it thickens, lift the edge lightly with a fork or knife to let the uncooked part run underneath. When creamy all through and deli-

cately browned underneath, fold and turn out in a hot platter. Serve at once.

SPANISH OMELET

Make a Foamy or Creamy Omelet and serve with Tomato Sauce.

FANCY OMELETS

Make a Foamy or Creamy Omelet and just before it is folded, spread over it a few teaspoonfuls of finely chopped warm ham or chicken, or a little grated cheese. This is an excellent way to utilize left-over materials. The omelet takes its name from the filling.

GREEN PEPPER OMELET

Brown 1 tb. minced onion in 2 tb. butter in an omelet pan, and pour in Creamy Omelet mixture to which has been added $\frac{1}{4}$ c. chopped green peppers. Cook as directed for Creamy Omelet.

GOLDENROD EGGS

3 Hard Cooked Eggs.	$\frac{1}{2}$ t. salt.
1 tb. butter.	$\frac{1}{8}$ t. pepper.
1 tb. flour.	4 slices toast.
1 c. milk.	Parsley, if desired.

Use butter, flour, milk, and seasonings to make White Sauce. Chop the whites of eggs and add them to the sauce. Cut toast into halves lengthwise; arrange on a hot platter and pour the white sauce mixture over them. Press the yolks through a potato ricer or strainer and sprinkle over the top. Garnish with parsley. Serve hot.

EGG IN A NEST

Separate the yolk and white of an egg, add a few grains of salt to the white, and beat until stiff. Place it in a saucer, or pile lightly on a piece of toast. Make a depression in the top, slip the unbroken yolk into it and bake in a moderate oven until the white is firm on top. Sprinkle with salt and pepper and serve at once. Garnish with parsley.

STUFFED EGGS

Follow the directions for Hard Cooked Eggs. Drop them in cold water. Remove the shells and cut the eggs in halves lengthwise. Take out the yolks, mash them and mix with Cooked Salad Dressing or season with melted butter, vinegar, sugar, salt, mustard and cayenne. Refill the whites with this mixture and serve cold.

SHIRRED EGGS

Break each egg into a buttered cup. Sprinkle with salt and pepper. Put the cup into a pan of hot water, and place in a moderate oven till the white jellies. Serve in the cup, garnished with parsley or water cress.

Meat

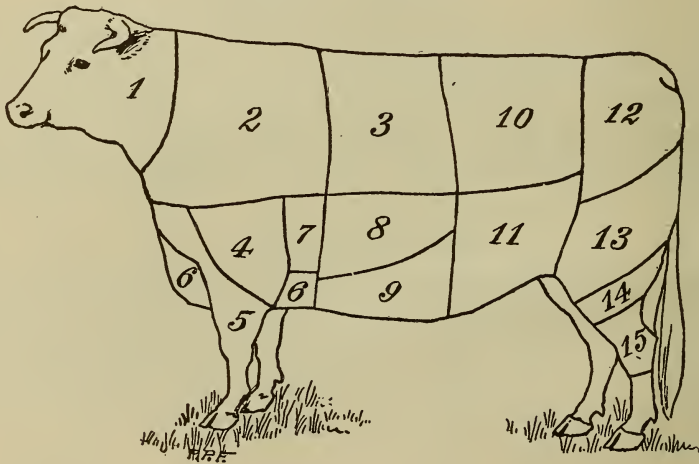
CARE OF MEAT

When meat comes from the market it should be taken out of the paper and put in a dish in a cold place. Before cooking, the meat should be wiped with a clean cloth, wrung out of cold water, to remove any particles that may have adhered to the surface.

BEEF

Beef is the most generally used of all meats, being in season throughout the year. Good beef is firm and elastic to the touch and is well mottled and coated with fat. The flesh is purplish red when first cut and the fat is a light straw color. Good meat has no disagreeable odor.

BEEF CHART*



CUTS OF BEEF

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|-------------------|----------------|-----------------------|
| 1. Neck. | 6. Brisket. | 11. Flank. |
| 2. Chuck. | 7. Cross ribs. | 12. Rump. |
| 3. Ribs. | 8. Plate. | 13. Round. |
| 4. Shoulder clod. | 9. Navel. | 14. Second cut round. |
| 5. Fore shank. | 10. Loin. | 15. Hind shank. |

*The above and following charts are from Bulletin No. 28, U. S. Dept. of Agriculture.

BROILED STEAK

Have the broiling oven hot. Wipe and trim a tender steak and place it in an oiled broiler. Sear the meat on one side and then on the other. For a steak an inch thick, cook 4 to 8 minutes, turning often. Place on a platter. Sprinkle with salt and pepper, spread with butter and serve. For cooking tough steaks, see the recipe for Smothered Steak.

PAN-BROILED STEAK OR CHOPS

Place the steak or chops on a very hot frying pan, with little or no fat, and proceed as above.

BROILED BEEF CAKES

1 lb. round steak.
Few grains pepper.
Few grains salt.

Chop the steak very fine and season with salt and pepper and, if liked, a little minced onion. Shape into small cakes, handling lightly. Broil on a greased broiler or a frying pan. A cup of moistened bread crumbs and a little chopped parsley may be mixed with the beef before shaping into cakes. If desired, the cakes may be spread with butter after broiling.

LEMON BUTTER

1 tb. butter.	$\frac{1}{2}$ tb. lemon juice.
$\frac{1}{2}$ t. salt.	$\frac{1}{2}$ tb. minced parsley.
Few grains pepper.	

Mix well and serve on hot broiled steak, chops, or fish.

SMOTHERED STEAK

Round or chuck steak.	Beef or pork drippings.
Flour.	Salt.
Pepper.	

This is a method of cooking steak that is somewhat too tough for broiling. Wipe and trim the meat and cut it into pieces suitable for serving. Lay it on a thickly floured board and dredge with flour. Pound the entire surface on both sides, using the edge of a porcelain plate or a mallet. Keep the meat sufficiently coated with flour so that the surface is dry. Sprinkle with salt and pepper. Have ready a hot frying pan and sear the meat quickly on each side in a little fat. When it is well browned, reduce to a very low temperature and drain off the superfluous fat. Add a few spoonfuls of

water and cover the pan as closely as possible. Cook about half an hour over a very low flame or in a slow oven. A spoonful of water may be needed from time to time, to keep the meat from getting dry.

BEEF OR VEAL ROLLS

Use round or chuck steak, or veal steak about $\frac{1}{2}$ inch thick. Wipe and trim the meat and lay it on a thickly floured board and dredge with flour. Pound the entire surface on both sides, using the edge of a porcelain plate or mallet. Keep the meat sufficiently coated with flour so that the surface is dry. Sprinkle with salt and pepper. Cut into pieces about 4 inches square. After placing a heaping tablespoonful of Dressing on each piece, roll and tie it. Sear the rolls in a little hot fat and, when well browned, reduce to a very low temperature. Drain off the superfluous fat and add a few spoonfuls of hot water. Cover the pan closely as possible and cook about $\frac{1}{2}$ an hour over a very low flame or in a slow oven. A spoonful of water may be needed from time to time to keep the meat from getting dry. Enough thin Tomato Sauce to half cover the meat may be used instead of the water, and served with the meat as gravy.

ROAST BEEF

Cuts from the loin or ribs make the best roasts. Wipe and trim the meat. Dredge with flour, salt, and pepper. Place, skin side down, in a roasting pan and put into a very hot oven. As soon as the meat is seared, reduce the heat, and cook slowly, allowing 20 minutes to the pound for a medium sized roast. Baste every 10 minutes. When half done, turn the roast over, dredge with flour and brown the skin side. Potatoes may be cooked and served with the roast as directed on page 18.

ROAST BEEF GRAVY

Remove from the roasting pan all but a few spoonfuls of the fat that has dripped from the roast. Make the gravy in this pan, adding an equal amount of flour and stirring until smooth and brown. Add water, allowing $\frac{1}{2}$ cup to each tablespoonful of flour and stir until it thickens. Cook 5 minutes.

POT ROAST

Pieces from the round, chuck or rump are suitable for pot-roasting. Wipe the meat with a cloth wrung out of cold water. Dredge with flour and brown on all sides in a small amount of fat in an aluminum or iron pan. Surround with boiling water, cover closely and boil 5 minutes. Reduce the temperature and cook be-

low the boiling point until tender. Season with salt and pepper and cook 15 to 20 minutes longer. Make a gravy from the stock in which the meat was cooked. If desired, diced onions, carrots, turnips, celery, a few cloves, peppercorns, and a bit of bay leaf may be placed around the meat after adding the water.

GRAVY

2 tb. flour.

1 c. stock.

Cold water.

Salt and pepper to taste.

Blend the flour with a little cold water, stirring until the lumps disappear. Add to the boiling stock and cook 5 minutes, stirring constantly.

BEEF STEW

2 lbs. beef.

6 medium potatoes.

1 onion, sliced.

2 t. salt.

 $\frac{1}{2}$ c. carrot and turnip,
diced.

Few grains pepper.

Hot water to cover.

Wipe the meat, remove bone, cut into $1\frac{1}{2}$ -inch cubes. Dredge with flour and brown in a frying pan with the onion, using a small quantity of the fat. Turn the meat to sear it on all sides. Put in a kettle or double boiler, add bone and fat, and cover with hot water, rinsing the frying pan with some of the water. Cook below the boiling point until tender (2 or 3 hours), adding carrot and turnip 1 hour and potatoes 35 minutes before serving. Season when tender. Remove bones and large pieces of fat. Dumplings may be added to stew 10 minutes before serving. The gravy may be thickened with a little flour blended with cold water.

DUMPLINGS

2 c. flour.

4 t. baking powder.

 $\frac{1}{2}$ t. salt.

About 1 scant c. milk.

Mix and sift the dry ingredients, add milk slowly, mixing with a knife till a soft dough is formed. Drop into boiling stew by spoonfuls, dipping the spoon into the stew each time before taking up the dough. Let the dumplings rest on the meat and potato. Cover closely and steam 10 to 12 minutes without uncovering.

BEEF LOAF

2 lbs. beef.

1 to 3 eggs, slightly beaten.

 $\frac{1}{4}$ lb. salt pork if desired.

Few grains cayenne.

5 to 10 slices of stale bread.

Few drops onion juice.

1 tb. lemon juice.

1 tb. minced parsley.

2 t. salt.

Wipe and trim the beef and pork; chop very fine. Wet the bread in stock or water and squeeze out the excess moisture. Add the bread, egg and seasoning. With the larger quantity of bread, use 3 eggs. Shape in a loaf, dredge with flour and bake about one hour. Have the oven hot enough to sear the surface of the loaf quickly and then reduce the heat. The salt pork may be omitted, if a little more salt is used and bits of butter are placed on top of the loaf. If desired, a little sage may be used instead of lemon juice and onion. Instead of dredging with flour, the loaf may be baked wrapped in oiled writing paper.

MEAT PIE

Cut remnants of left-over cooked beef or veal into inch cubes. Thicken the gravy with flour and season with salt and pepper. Place meat and gravy in a buttered baking dish. Have the mixture hot and cover with Baking Powder Biscuit dough, Pie Crust, or Mashed Potato. Bake in a hot oven.

BAKED HASH

- | | |
|------------------------------|--------------------------------|
| 1½ c. chopped cooked meat. | 1 t. chopped onion. |
| 1½ c. chopped Boiled Potato. | Salt and pepper to taste. |
| ¼ c. or less chopped fat | Hot water or stock to moisten. |
| from the meat. | Buttered crumbs. |
| 1 tb. minced parsley. | |

Mix all the ingredients except the crumbs, place in buttered baking dish, cover with buttered crumbs and bake in a slow oven until crumbs are brown. Cooked rice or Mashed Potato may be substituted for Boiled Potato. The onion may be omitted.

CREAMED DRIED BEEF

- ¼ lb. dried beef.
- 2 c. Medium White Sauce.

Tear the beef into small pieces, cover with cold water and heat slowly to the boiling point but do not boil. Drain and add to the White Sauce. If desired, a beaten egg may be stirred into the mixture just as it is removed from the fire.

BROWNED CREAMED DRIED BEEF

- ¼ lb. dried beef.
- 4 tb. flour.
- 3 tb. butter.
- Few grains pepper.
- 2 c. milk.

Tear the beef into small pieces and brown it in the butter. Add flour, stirring until free from lumps. Add the milk and stir until it thickens.

SCALLOPED MEAT

- | | |
|----------------------------|-----------------------------------|
| 2 c. cooked chopped meat. | 1 c. gravy or broth. |
| 1 or 2 c. soft stale bread | 1 tb. minced parsley, if desired. |
| crumbs. | Few drops onion juice. |

Mix the meat, crumbs, gravy, and seasonings, adding salt and pepper if needed. Bake in a buttered dish until heated through and browned on top.

MEAT SOUFFLE

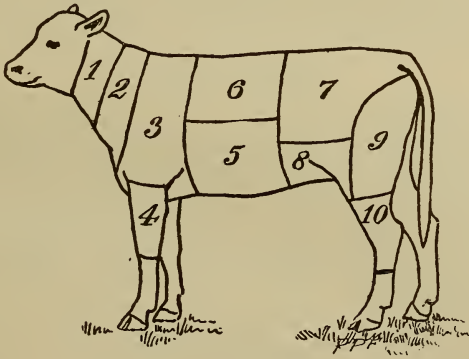
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|--------------------|-------------------------------|
| 1½ c. milk. | 1 c. soft stale bread crumbs. |
| 2 tb. flour. | 1 c. chopped cooked meat. |
| 1 tb. butter. | 2 egg yolks, beaten. |
| ¾ t. salt. | 1 tb. finely chopped parsley. |
| Few grains pepper. | 2 egg whites, beaten stiff. |

Make a sauce of the first five ingredients, add the crumbs and meat, beaten yolk, and parsley. Fold in the beaten whites, and bake in a buttered pudding dish in a moderate oven about 30 minutes. Serve at once.

MINCED MEAT ON TOAST

Chop left-over meat and heat in a well seasoned gravy or White Sauce. Pour over small slices of hot crisp toast.

VEAL CHART



CUTS OF VEAL

- | | |
|----------------|-----------------|
| 1. Neck. | 6. Ribs. |
| 2. Chuck. | 7. Loin. |
| 3. Shoulder. | 8. Flank. |
| 4. Fore shank. | 9. Leg. |
| 5. Breast. | 10. Hind shank. |

VEAL

Veal is the meat of calves killed when six to eight weeks old. It is less digestible and nutritious and more expensive than beef. It is on the market throughout the year, but is best in the spring. The flesh of good veal is pinkish in color and the fat is white. Veal requires thorough cooking.

VEAL LOAF

Make according to the directions for Beef Loaf, substituting veal for beef. If desired, season with nutmeg or sage instead of lemon juice and onion.

VEAL CROQUETTES

1½ c. cooked veal.	Pepper and cayenne.
1 c. Thick White Sauce.	Few drops lemon juice
Salt.	Few drops of onion juice.

Chop the veal very fine and season to taste. Add Thick White Sauce made with 2½ tb. butter, 4 tb. flour and 1 c. milk, and spread on a plate to cool. When cold, shape into cylinders or cones, roll in Fat-proof Coating and fry in deep fat. Drain on brown paper and serve hot. Chicken croquettes are made in the same way.

FAT-PROOF COATING

Roll the food to be fried in fine, dry sifted bread crumbs, then dip into egg beaten with 2 tb. water. Roll in crumbs.

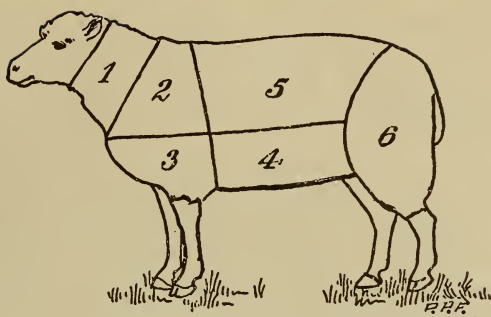
VEAL CUTLETS

Wipe the meat and cut in pieces suitable for serving. Sprinkle with salt and pepper. Cover with Fat-proof Coating, and sauté until well browned on each side. Drain off most of the fat, add a few spoonfuls of hot water, cover closely and continue cooking over a low fire until thoroughly cooked and tender. Veal chops may be cooked in the same way.

MUTTON

Mutton is the flesh of sheep killed when three years old. It should hang some time to ripen before being used. The flesh should be firm, fine grained and pink, and the fat hard and flaky. Lamb is used from six weeks to a year old and may be eaten soon after being killed. The flesh is lighter red than that of mutton and the end of the leg bone is rough at the joint.

MUTTON CHART



CUTS OF MUTTON

- | | |
|--------------|-----------|
| 1. Neck. | 4. Flank. |
| 2. Chuck. | 5. Loin. |
| 3. Shoulder. | 6. Leg. |

ROAST LAMB OR MUTTON

The leg of lamb or mutton is best for roasting. Wipe the surface with a cloth wrung out of cold water. Dredge with flour, salt, and pepper; place in a roasting pan, and cook until browned in a very hot oven. Turn the meat over and cook in a slow oven, allowing 25 minutes to the pound. Baste occasionally if the pan is uncovered. Gravy may be made in the pan after the roast is taken out. Remove the fat and pour 1 or 2 cups of hot water in the pan. Thicken with 2 to 4 tb. flour blended with a little cold water. Add salt and pepper if needed. Serve the roast with or without Mint Sauce.

MINT SAUCE

3 bunches mint.

 $\frac{1}{4}$ c. sugar. $\frac{1}{2}$ c. vinegar.

Few grains salt.

Wash the mint and chop it very fine, or pound it in a mortar. Heat the vinegar, but do not boil it. Dissolve the sugar and salt in the hot vinegar and add the mint.

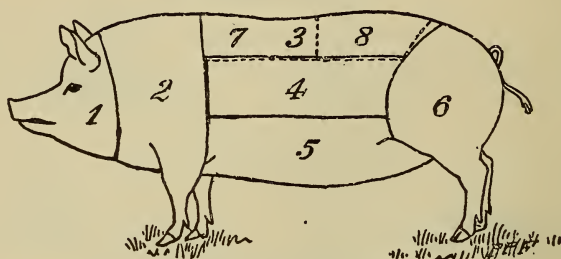
STEWED LAMB OR MUTTON WITH RICE

The neck or shoulder may be used. Wipe the meat with a cloth wrung out of cold water. Place in a kettle, cover with boiling water and boil 10 minutes. If desired, the meat may be rubbed with flour and browned on all sides in a little hot fat before adding the water. Reduce the heat, and cook below the boiling point until tender. This will take from $1\frac{1}{2}$ to 3 hours. When nearly tender, add the seasonings and, if desired, rice, which has been boiled until partly done. When tender, remove the meat to a platter, strain out the rice and serve with the meat or in a separate dish. Gravy may be made from the broth.

PORK

Pork is the meat of the pig. The flesh is light red and the fat white. Pork is more liable to disease than any other kind of meat and should be thoroughly cooked on this account. It should be used sparingly and only in cold weather.

PORK CHART



CUTS OF PORK

- | | |
|----------------|-----------|
| 1. Head. | 5. Belly. |
| 2. Shoulder. | 6. Ham. |
| 3. Back. | 7. Ribs. |
| 4. Middle cut. | 8. Loin. |

ROAST PORK

The loin and ham are suitable for roasting. Wipe and trim the meat, dredge with flour, salt and pepper and place it on a rack in a roasting pan. Cook until well seared in a very hot oven. Reduce the temperature and cook until the meat is thoroughly tender. This usually requires several hours. A little water may be kept in the bottom of the pan during roasting. Unless a covered pan is used, the meat should be basted occasionally.

BACON

Have the bacon sliced very thin. Remove the rind and place the slices in a fine wire broiler. Lay the broiler over a dripping pan and place in a hot oven; or cook until dry and crisp in a hot frying pan, draining off the fat as it cooks out. Drain on unglazed paper. Use the fat from the bacon for frying liver, eggs or potatoes.

LIVER AND BACON

Pour boiling water over the liver and let it stand 5 minutes. Drain and remove the thin outer membrane and the tough veins. Cut in pieces suitable for serving. Sprinkle with salt and pepper and roll in flour. Cook in hot bacon fat in a frying pan. Serve with bacon.

Chicken

TO DRESS AND CLEAN A CHICKEN

Chickens should be dressed and cleaned immediately after being killed. They become more tender and have a better flavor if kept in a cold place about thirty-six hours before cooking. Singe off the hairs and remove the pinfeathers. If desirable to remove the tendons from the legs, it should be done before the feet are taken off. To do this, bend back the joint at the lower end of the drumstick, make an incision in the skin below the joint and insert a skewer under the tendons, one at a time, drawing them out. Cut off the head and feet. Scrub with warm water in which a little borax has been dissolved. Rinse in several waters. With a sharp knife or small scissors, cut the skin around the vent, and from this cut the skin to the end of the breastbone. Make another incision at the back of the neck. Draw away the skin in front and loosen the windpipe, gullet and crop. Just above the vent, insert the hand and gradually work the entrails loose from the inside. Take hold of the gizzard and draw out the entrails. In so doing, care must be taken not to break the gall-bladder. Be sure that the lungs and kidneys are removed. The gizzard, liver and heart constitute the giblets. These should be cleaned and used. Cut the gizzard through the thick part just to the inner lining, and peel back from the small sack inside. Remove the gall-bladder and a little surrounding tissue from the liver. Press the blood from the heart. Wash the giblets and stew them. They may be served whole or chopped and used in Gravy or Dressing.

ROAST CHICKEN

Select a plump young chicken. Dress and clean it as directed. Stuff with Dressing, seasoned with sage if desired. Sew the skin where it has been cut with white cord, and tie the wings and legs close to the body. Rub with salt, and, if desired, spread with butter and flour creamed together. Place on the rack in a dripping pan and brown in a hot oven. Then reduce the temperature, pour a little water in the pan, turn the chicken over and continue to cook until breast meat is tender, basting occasionally with the liquor in the pan. If covered after browning, it will require much less basting. Make a gravy as directed for Roast Beef Gravy, adding chopped cooked giblets if desired.

STEWED CHICKEN

An older fowl, unsuitable for roasting or frying, may be made tender by stewing. Dress and clean chicken as directed and cut it up as follows: Separate the legs and wings from the body, disjoint the legs, separate the breast from the back by cutting through the ribs at the joint and disjoining the collar-bone, and cut off the neck as close to the back as possible. Cook in boiling water one minute, then simmer until tender, adding the salt and pepper when nearly done. The pieces may be rolled in flour and browned on all sides in a little hot fat before or after stewing. If desired, Dumplings may be cooked in the broth. After they are done make gravy from the broth.

CHICKEN OR VEAL PATTIES

Cut cooked chicken or veal into small pieces and heat in an equal quantity of Medium White Sauce or gravy. Fill Patty Shells.

FRIED CHICKEN

Young tender chickens may be cooked in the following manner and are usually spoken of as being fried, although the process is really sautéing. Dress and clean a chicken as directed. It may be disjointed as for Stewed Chicken or divided into halves or quarters. Roll the pieces in flour or Fat-proof Coating, and brown them on all sides in a little fat in an iron or aluminum pan. When they are well browned, reduce to a very low temperature and drain off the superfluous fat. Sprinkle with salt and pepper, add a few spoonfuls of water and cover the pan as closely as possible. Cook over a very low flame about one hour, or until tender. A spoonful of water may be needed from time to time to keep the chicken from getting dry. Gravy may be made in the pan after the chicken has been removed.

Fish

SELECTION OF FISH

When fish is fresh the eyes are full and bright, the flesh is firm and the gills are red.

BAKED FISH

Remove the scales carefully. Clean, wipe and dry the fish. Rub all over with salt. If desired, the bones may be removed, the fish stuffed with Dressing and sewed up. If a fish sheet is not at hand, put two strips of cotton cloth in the pan to help remove the fish

when baked. Lay the fish on its side in the pan or skewer into the shape of a letter S. If the fish is very dry, cut gashes on top and lay strips of bacon or salt pork in them and around the pan. Sprinkle the fish with salt and pepper and dredge with flour. When the flour begins to brown, baste with the fat in the pan and boiling water. The fish is done when the flesh separates easily from the bone. Bake about one hour. Lift carefully to a hot platter, draw out skewer and strings and serve with Drawn Butter or egg sauce if desired.

DRESSING

1 c. stale bread crumbs.	Few drops onion juice.
1 tb. melted butter.	1 tb. minced parsley.
$\frac{1}{2}$ t. salt.	Water to moisten.

Few grains pepper.

Mix the ingredients in the order given, using enough water to moisten slightly.

DRAWN BUTTER

2 c. water or stock.	4 tb. flour.
6 tb. butter.	$\frac{1}{2}$ t. salt.

Few grains pepper.

Make according to the directions for White Sauce, using the first method of combining. Omit 2 tb. of the butter until after the sauce is thickened and then stir it in.

FRIED FISH

Clean and dry the fish and, if desired, bone it. Rub with salt and pepper. Cut into pieces suitable for serving. Roll in Fat-proof Coating or flour and fry in deep fat or sauté. Drain and serve.

CREAMED FISH

- 2 c. cooked fish.
- $1\frac{1}{2}$ c. Medium White Sauce.

Remove the skin and bone, flake the fish with a fork and heat in White Sauce. Serve on toast.

SCALLOPED FISH

2 c. cooked fish.	$1\frac{1}{2}$ c. Medium White Sauce.
1 tb. minced parsley.	Buttered crumbs.

Remove skin and bone, flake the fish with a fork, mix with White Sauce and minced parsley. Put in a buttered baking dish, cover with buttered crumbs, and bake until crumbs are brown.

SALMON LOAF

1 lb. can salmon.	1 or 2 c. soft stale bread
3 (or 2) eggs, beaten light.	crumbs.
2 tb. melted butter.	Few drops lemon juice.
1 c. Mashed Potatoes,	Salt.
if at hand.	Cayenne.
$\frac{1}{2}$ c. milk.	1 tb. minced parsley.

Remove oil, bones, and skin from fish. Mince it with a silver fork, rub in the butter, add seasoning and Mashed Potato. Soak the crumbs in the milk and add beaten egg. Add this mixture to the fish and put into a well buttered mold. Steam one hour or bake in a moderate oven. Serve with Salmon, Tomato or White Sauce.

SALMON SAUCE

2 tb. butter or less.	Salt.
2 tb. flour.	Cayenne.
1 c. milk.	Strained liquor from salmon.

Make the same as White Sauce and add strained liquor from salmon.

SALMON CROQUETTES

$1\frac{1}{2}$ c. salmon.	$\frac{1}{3}$ t. salt.
1 c. Thick White Sauce, or	Few grains cayenne.
1 c. left over Mashed Potato.	Fat-proof Coating.
$\frac{2}{3}$ tb. lemon juice.	1 tb. chopped parsley,
	if desired.

Break up the salmon; add the seasonings and White Sauce or Mashed Potatoes, and bread crumbs if used. Chill, shape into croquettes, dip in Fat-proof Coating and fry. Drain on unglazed paper.

CREAMED CODFISH

1 c. salt codfish.	3 tb. butter or less.
2 c. milk.	4 tb. flour.

Few grains pepper.

Pick the codfish into small pieces and soak until soft in lukewarm water. Drain and add to White Sauce made from the butter, flour, pepper, and milk. The beaten yolk of an egg may be added just before serving, if desired. Serve on or with hot buttered toast.

CODFISH BALLS

- | | |
|--------------------------|---------------------------|
| 1 c. salt codfish. | 1 egg or none. |
| 2 c. potatoes (heaping). | $\frac{1}{2}$ tb. butter. |

Few grains pepper.

Pick the fish into small pieces and soak until soft in lukewarm water. While it is soaking, boil and mash the potatoes and season with butter, pepper, and beaten egg. Drain the fish, add to the potato mixture, and beat well. Shape into balls or cakes and fry or sauté. Drain on unglazed paper and serve. Left-over Mashed Potatoes and many kinds of left-over fish may be used.

TO CLEAN OYSTERS

Drain off the liquor, straining it through a wire strainer, if it is to be used. Examine the oysters with the fingers to see that no bits of shell are left clinging to them.

OYSTER SOUP

- | | |
|----------------|------------------------|
| 1 pt. oysters. | 4 c. Thin White Sauce. |
|----------------|------------------------|

Other seasonings, if desired.

Clean the oysters, add to the hot White Sauce, and heat without boiling until the oysters are plump. Serve immediately.

PANNED OYSTERS

- | | |
|-----------------------|---------------------|
| 1 pt. oysters. | Salt if needed. |
| 2 tb. butter or more. | Few grains cayenne. |

Clean the oysters. Melt the butter in a saucepan or chafing-dish, add the seasonings and the oysters. Heat the oysters until plump and the edges begin to curl. Serve on toast bars or wafers.

SCALLOPED OYSTERS

- | | |
|---|--|
| 1 pt. oysters. | 1 t. salt. |
| $\frac{1}{4}$ c. melted butter or less. | $\frac{1}{4}$ t. pepper. |
| 2 c. stale bread
crumbs. | 5 or 6 tb. oyster liquor,
(or liquor and milk). |

Mix the crumbs with salt, pepper, and butter; spread one-third of them on the bottom of a buttered baking dish, put in one-half of the oysters, another layer of crumbs, and the rest of the oysters, covering the top with the remaining crumbs. Pour over these the liquid. Bake about 20 minutes. The oysters should be plump in that time.

CREAMED OYSTERS

1 pt. oysters.	1½ c. milk.
3 tb. butter or less.	Salt.
4 tb. flour.	Pepper.

Make a White Sauce of the butter, flour and milk. Clean the oysters and put them into a saucepan with the strained liquor. Cook until plump and the edges begin to curl; add to the hot White Sauce. Do not boil after oysters are added. Season to taste with salt and pepper. A few grains of celery salt or a tiny piece of mace may be added, if liked, when making the White Sauce. Serve on toast or in Patty Shells.

OYSTER PATTIES

Fill Patty Shells with hot Creamed Oysters.

FRIED OYSTERS

Large oysters are best for frying. Clean them as directed To Clean Oysters. Dry them between the folds of a clean cloth. Sprinkle with salt and pepper, dip in Fat-proof Coating and fry or sauté.

Soups

Soups are divided into two classes; stock soups and cream soups.

Soup Stock is prepared by cooking meat and bone in water in such a way as to draw out the juices and flavor. It is not usually desirable to clear the stock, as in so doing the nourishing part is removed.

Creamed soups are made by adding cooked and strained vegetable pulp to thin White Sauce. Corn, tomatoes, peas, beans, celery, and potatoes are commonly used. Coarse tough parts of vegetables and many left-over materials may be utilized to advantage in either stock or cream soup.

SOUP STOCK

3 lb. meat and bone.	1 onion diced.
3 qt. cold water.	½ bay leaf.
⅓ c. diced carrot.	1 sprig parsley.
⅓ c. diced turnip.	1 tb. salt.
⅓ c. diced celery.	6 peppercorns or

Few grains pepper.

Have bone sawed into one-inch lengths and split. Wipe meat and cut into inch cubes. Brown one-third of the meat in a little fat in the frying pan. Soak meat and bone in the water one hour; then cook below the boiling point in the same water in a covered kettle 4 or 5 hours. About one hour before removing from fire, add vegetables and seasonings. When vegetables are very soft, strain the stock and cool. When the fat solidifies, remove it and use the stock for making different kinds of soup. Bones and broth from a roast or stew may be used to make stock even if no fresh meat is added.

VEGETABLE SOUP

Make Soup Stock, removing the bone and fat before adding the vegetables. Other vegetables and more water may be added if desired.

TOMATO SOUP

1 qt. stewed and strained tomatoes.	1 qt. Soup Stock. Salt.
1 t. sugar.	Pepper.

Add tomatoes to boiling stock, with more water if needed; season and serve with Croutons.

BOUILLON

1 qt. Soup Stock.
White of 1 egg.

Beat white of egg slightly and add it to the stock from which the fat has been removed. Heat to the boiling point, stirring constantly; boil 2 minutes without stirring, then simmer for 10 minutes. Strain through a sieve, then through a cheese cloth; reheat and serve.

CREAM OF TOMATO SOUP

2 c. tomatoes.	2 c. milk.
1 t. sugar.	2 tb. flour.
$\frac{1}{8}$ t. soda.	2 tb. butter or less.
1 t. salt.	Few grains pepper.

1 slice onion.

Cook tomato with onion, sugar, and salt, 5 minutes. Add soda and when the bubbling ceases, strain into a White Sauce made from the other ingredients. Serve immediately.

CROUTONS

Cut stale bread into $\frac{1}{2}$ inch slices and remove crusts. Cut slices into $\frac{1}{2}$ inch cubes; put into a pan and bake until delicately browned, lifting and turning occasionally. Serve with cream soups.

CREAM OF CORN SOUP

- | | |
|----------------|-----------------------|
| 1 can corn. | 2 tb. butter or less. |
| 2 c. water. | 2 tb. flour. |
| 2 c. milk. | 1 t. salt. |
| 1 slice onion. | Few grains pepper. |

Chop or strain the corn, add water and onion, and simmer twenty minutes; then rub through a sieve. Make a White Sauce of other ingredients and add the strained corn. Reheat and serve. This soup may be flavored with bay leaf if desired.

CREAM OF PEA SOUP

Make as directed for Cream of Corn Soup, substituting peas for corn and using less water and more milk if desired.

CREAM OF CELERY SOUP

Make as directed for Cream of Corn Soup, substituting 2 c. of chopped celery for the corn. Cook the celery until tender before adding it to the White Sauce.

CREAM OF POTATO SOUP

- | | |
|-----------------------|--------------------|
| 3 medium potatoes. | 2 tb. flour. |
| 2 slices onion. | 1½ t. salt. |
| 3 c. milk. | ¼ t. celery salt. |
| 3 tb. butter or less. | Few grains pepper. |

Wash the potatoes and pare them. Cook with the onion in boiling salted water, until soft and allow the liquor to cook down. Rub through a sieve and add to a White Sauce made from the remaining ingredients. Serve garnished with finely chopped parsley, if desired.

BEAN SOUP

- 1 c. dried lima or navy beans.
- 1 small onion.
- 2 c. milk or Thin White Sauce.

Pick over the beans, wash, and soak them in cold water several hours. Simmer with the onion until tender. Press through a colander, add the milk or White Sauce and enough water to bring the soup to the proper consistency. If the White Sauce is not used, season with salt, pepper, and butter. A little minced parsley may be sprinkled over the top just before serving.

Salads

Select fresh crisp vegetables and plants for salads. They should be thoroughly washed before using. Lettuce may be dried between the folds of a clean cloth. To keep salad plants, sprinkle with water, cover closely, and keep in a cold place. To freshen them, let stand an hour in a bowl of cold water.

Salads should be combined just before serving, and all the ingredients should be cold. Meat, fish, eggs, vegetables, and fruits are used in many combinations to make salads.

To marinate a salad, cut materials into cubes and mix lightly with French Dressing or Cooked Salad Dressing thinned with cream. Chill one hour, then drain and arrange in a salad.

COOKED SALAD DRESSING No. I

3 tb. butter or less.	1 t. mustard.
4 tb. flour.	3 tb. sugar.
1 c. milk.	Few grains cayenne.
1½ t. salt.	About ½ c. vinegar.

Yolks of 2 eggs or 1 whole egg.

Make a White Sauce of the butter, flour, and milk. Mix the remaining dry ingredients. When smooth, rub into the slightly beaten egg and add half of the vinegar. Have the first mixture over water just below the boiling point and add the second mixture to it gradually, stirring all the time, add as much more vinegar as needed. Use cold. If too thick, thin with cream or stiffly beaten white of an egg just before using.

COOKED SALAD DRESSING No. II

2 egg yolks.	¼ t. salt.
4 tb. sugar.	Few grains pepper.
1 t. mustard.	½ c. vinegar.
1 t. cornstarch.	2 egg whites.

Mix the dry ingredients with the yolks. Add the vinegar and cook until thick, stirring constantly. Beat the egg whites and fold into the mixture, and cook 2 minutes over a low flame, stirring all the time.

WHIPPED CREAM SALAD DRESSING

- 1 c. whipped cream. ¼ c. sugar.
 1 tb. vinegar or lemon juice.

Add the sugar and vinegar or lemon juice to the stiffly beaten cream and serve with Fruit Salad.

MAYONNAISE

- ½ t. mustard. Yolk of 1 egg.
 ½ t. salt. 2 tb. lemon juice or vinegar.
 Few grains pepper. ½ to ¾ c. olive oil.

This may be made in a soup plate and stirred with a silver fork, or in a bowl and beaten with a Dover egg beater. Keep the ingredients cold during the process. Beat the yolk and add the dry ingredients, mixed and sifted. Add a few drops of oil at a time and beat steadily until thick, then alternate oil with a few drops of lemon juice, until both are used. The amount of oil is determined by the size of the yolk. The dressing should be quite thick when finished and should be kept in a cold place and served cold.

QUICK MAYONNAISE

- 1 egg. 2 tb. lemon juice or vinegar.
 ½ t. salt. 1 c. salad oil.
 1 t. sugar. Few grains cayenne.

Have the materials and utensils very cold. Put the unbeaten egg, one-half of the lemon juice, and seasoning in a bowl with one-fourth of the oil. Beat with a few turns of a Dover egg beater; add the remaining oil, one-fourth at a time, beating as before. Add the remaining acid.

FRENCH DRESSING

- 3 tb. olive oil. ¼ t. salt.
 1 tb. vinegar. ⅛ t. pepper.

Paprika

Mix the salt and pepper with the oil and enough paprika to color the dressing, then add the vinegar and beat till well mixed. Use immediately.

DRESSED LETTUCE

Wash and pick over the leaves of a head of lettuce. Dry by placing between the folds of a clean cloth. Arrange in a salad bowl and pour French Dressing or any desired dressing over the lettuce. Very firm head lettuce may be soaked in cold water, drained, and cut into quarters instead of being separated.

COLE SLAW

Remove the outer leaves from a small firm head of cabbage. Cut into fine shreds with a sharp knife or vegetable shredder. Cover with cold water and let stand from 20 to 30 minutes. Drain and dry on a clean cloth. Mix with enough French or Cooked Salad Dressing to moisten, or season with $\frac{1}{4}$ c. vinegar, 2 tb. sugar, $\frac{1}{2}$ t. salt and a few grains of pepper. Serve cold. A few chopped stuffed olives or a chopped green pepper may be added if desired.

POTATO SALAD

2 c. Boiled Potatoes diced. $\frac{1}{2}$ c. diced celery.
 1 t. (or less) minced onion. $\frac{1}{2}$ c. diced cucumber, or $\frac{1}{4}$ c. radish.
 1 tb. minced parsley.

Marinate the vegetables in Cooked Salad Dressing thinned with a little cream or milk. Chill, add parsley, and arrange on a bed of lettuce with Cooked Salad Dressing or Mayonnaise.

CUCUMBER AND TOMATO SALAD

Peel tomatoes and cut in halves. Place on a bed of lettuce and arrange slices of cucumber around them. Serve with Cooked or French Dressing, or Mayonnaise.

TOMATO JELLY SALAD

1 pt. hot strained tomato. $\frac{1}{2}$ t. salt.
 $1\frac{1}{3}$ tb. gelatin. $\frac{1}{2}$ t. sugar.
 $\frac{1}{4}$ c. cold water.

Soak the gelatin in the cold water, add to the hot tomato, and season. Pour into small cups which have been dipped in cold water. Chill and serve in place of fresh tomatoes on a bed of lettuce with any desired dressing. Garnish with celery or cucumber.

If a more highly seasoned jelly is desired, cook the tomato for a few minutes with a small piece of bay leaf, a little celery salt, a few peppercorns, cloves, and a few grains of cayenne. Strain out before adding the soaked gelatin.

BANANA SALAD

Peel and scrape the bananas. Cut them in pieces or slice them. Arrange on a bed of lettuce and add Whipped Cream Salad Dressing or Cooked Salad Dressing. Garnish with nuts.

FRUIT SALAD

Fruits may be used in any desired combination to make salad. Pineapples, oranges, grapefruit, apples, bananas, cherries, strawberries, peaches and Malaga grapes are frequently used. Cut large fruits in dice or small pieces and grapes in halves, removing the seeds. Nuts and marshmallows cut in pieces may be added to the fruit. Serve on lettuce with any desired dressing. Garnish with Whipped Cream Salad Dressing and fruit or nuts as desired.

NOTES ON MAKING SANDWICHES

Bread for sandwiches should be of a close texture and at least twenty-four hours old. It should be cut in thin, even slices and spread so that the edges match when the slices are laid together. If the butter is hard, it should be creamed before using. For dainty sandwiches, remove the crust and, if desired, cut into fancy shapes. Sandwiches may be kept from drying out by wrapping in oiled paper or a clean cloth wrung out of clear water. All sandwiches containing green vegetables should be put together just before serving.

SUGGESTIONS FOR SANDWICH FILLINGS

1. Sliced or pressed cold meat.
2. Minced meat with dressing or seasoning.
3. Bacon with lettuce and dressing.
4. Lettuce with Mayonnaise.
5. Lettuce with sliced cucumbers and dressing.
6. Lettuce with Hard Cooked Eggs and dressing.
7. Onions with French Dressing.
8. Thin slices of cheese.
9. Cream cheese with nuts.
10. Cream cheese with pimentos or chopped olives.
11. Chopped nuts with Cooked Salad Dressing.
12. Peanut butter, with white or brown bread.
13. Scraped beef, seasoned. (Raw or cooked.)
14. Sliced pineapple.
15. Chopped prunes and figs.

Flour Mixtures

Flour mixtures for baking are called batters, if thin enough to be beaten; when stiffer they are called doughs. The proportions are approximately as follows:

A pour batter requires 1 to $1\frac{1}{2}$ c. flour to 1 c. liquid.

A drop batter requires 2 c. flour to 1 c. liquid.

A soft dough requires about 3 c. flour to 1 c. liquid.

A stiff dough requires 3 to 4 c. flour to 1 c. liquid.

These mixtures may contain—eggs to enrich them; butter or other fat to make them tender; salt, sugar, spice, etc., for flavor; and, usually, a leavening agent. By varying the proportions of these ingredients, different kinds of bread, cake, and pastry are made.

OVEN TESTS

After the stove is heated, place a piece of white paper in the oven.

A quick oven browns paper in 2 or 3 minutes.

A moderate oven browns paper in 5 minutes.

A slow oven browns paper in 7 minutes.

LEAVENING AGENTS

Flour mixtures would be hard and heavy when baked unless they contained some leavening agent. Air, steam, and carbon-dioxide are ordinarily used.

Air is in everything that is baked. There is a large quantity of it in the flour after sifting, and more may be incorporated by beating, and by the addition of beaten eggs.

Steam is formed from the water in mixtures while baking, causing them to puff up. Pop-overs and Cream Puffs depend almost entirely on steam to make them light.

Carbon-dioxide as a leavening agent is formed by baking powder and its substitutes and by yeast.

Leavening Agents

- I. Air—Obtained by beating or by adding beaten eggs.
- II. Steam—Obtained from liquid.
- III. Carbon-dioxide—Obtained from:
 1. Yeast.
 2. Soda and acid.
 - (a) Soda and sour milk.
 - (b) Soda and molasses.
 - (c) Soda and cream of tartar (baking powder).

Baking Powder

Baking powder is made of soda and an acid, mixed with a little cornstarch to keep them dry. When sour milk or molasses is used in baking, the acid in it takes the place of cream of tartar. Use one scant teaspoonful of soda to two cups of sour milk or to one cup of molasses.

Yeast

Yeast is a tiny plant, so small that it cannot be seen by the naked eye. Being a plant, it requires moisture, food, and a warm temperature. When it is planted in bread dough it grows and multiplies very fast, giving off the gas, carbon-dioxide, which makes the bread light. Yeast grows best at a lukewarm temperature; it is killed by the heat of baking or boiling, and cold retards its growth. Cakes of dry yeast may be kept for some time in a dry cool place. Compressed yeast must be kept with ice as it spoils quickly. When fresh it is an even light color and does not crumble when broken.

BAKING POWDER

1 lb. cream of tartar.

$\frac{1}{2}$ lb. cornstarch.

$\frac{1}{2}$ lb. baking soda.

Dry the ingredients separately in a slow oven. Mix and sift six times. Place in air-tight cans and keep in a dry place. Baking powder should not be made at home unless great care is used to have the proportions correct.

GRIDDLE CAKES

2 c. flour.

1 t. soda.

$\frac{1}{2}$ t. salt.

1 egg yolk.

2 c. thick sour milk.

1 egg white.

Mix and sift the dry ingredients. Place the griddle where it will heat. Add half the milk to the dry ingredients and beat until smooth. Then add the rest of the milk and the beaten yolk and

lastly fold in the beaten white. Drop by spoonfuls on a hot slightly oiled griddle. If a soapstone griddle is used it should not be oiled. When the cakes are brown on the lower side and well puffed they should be turned to brown the other side. Serve immediately with butter and syrup.

If no sour milk is at hand use $1\frac{3}{4}$ c. sweet milk, omit the soda, and add 3 t. baking powder and 1 t. melted butter.

BREAD GRIDDLE CAKES

$2\frac{1}{2}$ c. soft stale bread crumbs.	1 c. flour.
2 c. scalded milk.	2 t. baking powder.
1 t. salt.	1 egg yolk.
1 egg white.	

Soak the crumbs in the hot milk about 20 minutes. When the griddle is hot add to the soaked crumbs the beaten yolk and the dry ingredients which have been mixed and sifted. Fold in the stiffly beaten white and bake on a hot griddle.

WAFFLES

$1\frac{3}{4}$ c. flour.	1 c. milk.
3 t. baking powder.	2 egg yolks.
$\frac{1}{2}$ t. salt.	1 tb. melted butter.
2 egg whites.	

Mix the dry ingredients and add the milk gradually. Add the beaten egg yolks and the melted butter. Fold in the stiffly beaten whites and bake in an oiled waffle-iron until crisp and brown. Serve with butter and sugar, syrup, or Caramel Syrup.

POP-OVERS

1 c. flour.	1 scant c. milk.
$\frac{1}{4}$ t. salt.	2 eggs or 1.

Put flour and salt in a bowl, stir in the milk gradually, so as to make a smooth mixture; add well-beaten eggs and beat with a Dover egg-beater two minutes. Pour into hissing-hot buttered pop-over cups, or small round iron gem pans. Bake in a hot oven 30 or 35 minutes.

MUFFINS

$1\frac{3}{4}$ c. flour.	3 tb. melted butter or other fat.
$\frac{1}{2}$ t. salt.	1 or 2 tb. sugar.
3 t. baking powder.	$\frac{3}{4}$ c. milk.
1 egg.	

Mix and sift the dry ingredients; add the milk, beaten egg, and butter. Bake about 20 minutes in oiled muffin pans. Sugar may be omitted.

CORN BREAD OR MUFFINS

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|-------------------------|-----------------------------------|
| 1 c. corn meal. | $\frac{1}{2}$ t. salt. |
| 1 c. flour. | 1 c. milk. |
| $\frac{1}{4}$ c. sugar. | 1 egg or none. |
| 4 t. baking powder. | 1 tb. melted butter or other fat. |

Mix and sift the dry ingredients, add the milk, beaten egg, and butter. Bake in a shallow pan or in gem pans. Part or all of the sugar may be omitted, if desired.

GRAHAM OR WHOLE-WHEAT MUFFINS

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| $1\frac{1}{2}$ c. graham or whole-wheat flour. | $\frac{1}{2}$ t. salt. |
| 1 tb. sugar. | 1 tb. melted fat. |
| 2 t. baking powder. | $\frac{3}{4}$ c. milk. |

Mix and sift the dry ingredients. Add the milk and melted fat. Bake in gem pans 25 minutes.

BAKING POWDER BISCUIT

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| 2 c. flour. | 2 tb. lard, butter or other fat. |
| 4 t. baking powder. | $\frac{1}{2}$ t. salt. |
| $\frac{3}{4}$ c. milk (or milk and water). | |

Mix and sift the dry ingredients. Work in the shortening with the tips of the fingers, or cut it in with knives. Pour in the milk gradually, lifting and turning the mass with a knife or spatula, so as to moisten it evenly. Use just enough milk to make a soft dough. Turn out on a floured board. Shape with the hands and pat or roll lightly $\frac{3}{4}$ inch thick. Cut with a biscuit cutter dipped in flour. Bake in a hot oven 12 to 15 minutes.

DROP BISCUIT

Follow the directions for Baking Powder Biscuit, using just enough more milk to make a drop batter stiff enough to hold its shape. Drop by spoonfuls on an oiled pan. Bake in a hot oven.

CHEESE BISCUIT

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| 2 c. flour. | $\frac{1}{2}$ t. salt. |
| 4 t. baking powder. | $\frac{1}{2}$ c. soft cheese. |
| About 1 c. milk or water. | |

Mix and sift the dry ingredients. Work in the cheese with tips of fingers or cut it in with knives. Pour in milk gradually, lifting and turning the mass with a knife or spatula, so as to moisten it evenly. Use just enough milk to make a soft dough. Turn out on a floured board. Shape with hands and pat or roll lightly until $\frac{3}{4}$ of an inch thick. Cut with a small biscuit cutter dipped in flour. Bake in a hot oven 12 to 15 minutes.

STEAMED BROWN BREAD

1 c. white flour.	$\frac{3}{4}$ t. soda.
1 c. cornmeal.	1 t. salt.
1 c. graham flour.	$\frac{3}{4}$ c. New Orleans molasses.
	$1\frac{1}{2}$ c. milk.

Mix and sift the dry ingredients and, if liked, return the bran to the mixture. Add milk and stir until smooth, then add molasses and mix well. Pour into buttered molds, having them $\frac{2}{3}$ full. Steam 3 hours or more. This bread may be made with sour milk by using 2 c. sour milk and $1\frac{3}{4}$ t. soda.

BAKED BROWN BREAD

4 c. graham flour.	1 t. baking powder.
1 t. salt.	$\frac{1}{2}$ c. brown sugar.
$1\frac{1}{4}$ t. soda.	$\frac{1}{4}$ c. New Orleans molasses.
	2 c. sour milk.

Mix as for Steamed Brown Bread and bake one hour in a moderate oven. This bread may be made with sweet milk if 1 t. soda is omitted and 6 t. baking powder are added.

NUT BREAD No. I

$1\frac{1}{2}$ c. graham flour.	$\frac{3}{4}$ t. salt.
2 c. white flour.	1 c. broken nut meats, hickory.
$\frac{2}{3}$ c. sugar.	pecan or walnut.
5 t. baking powder.	$1\frac{1}{2}$ c. milk.

Measure the flour after sifting. Mix the dry ingredients, add the nuts, then the milk. Put in a buttered pan. Bake in a moderate oven. If it is to be used for sandwiches, Nut Bread is better the day after it is made.

NUT BREAD No. II

$\frac{3}{4}$ c. sugar.	$\frac{1}{2}$ t. salt.
$2\frac{1}{2}$ c. flour.	1 egg, beaten.
4 t. baking powder.	1 c. milk.
	1 c. broken nut meats.

Mix and sift the dry ingredients, and add the nuts. Stir in the milk and egg mixed. Bake in an oiled bread pan in a moderate oven 1 hour.

NOTES ON MAKING YEAST BREAD

1. During the mixing and rising of bread, the mixture should not be overheated or chilled, as heat kills yeast and cold retards its growth.

2. If the batter is well beaten in mixing, the dough requires less kneading.
3. Reasons for kneading dough:
 - (1) To mix ingredients thoroughly.
 - (2) To make it elastic.
 - (3) To work in air.
4. Have the dough covered while rising, to keep out the dust.
5. The top of the dough may be brushed with water or fat to keep it from drying while rising.
6. Dough that stands too long to rise makes sour bread.
7. Allow one cup of liquid to a loaf of bread. Larger loaves than this quantity makes, are not likely to be thoroughly baked.
8. Reasons for baking bread:
 - (1) To kill the yeast.
 - (2) To cook the starch.
 - (3) To drive off carbon-dioxide and alcohol.
 - (4) To make it palatable.
9. When bread is done it should be taken out of the pan and allowed to cool uncovered where the air can reach it on all sides. Then it should be placed in a clean dry bread box.

WHITE BREAD

1 c. hot milk or water.	1 t. salt.
1 tb. butter or other fat.	$\frac{1}{2}$ cake compressed yeast.
1 tb. sugar.	$\frac{1}{4}$ c. lukewarm water.
3 to 4 c. flour.	

The amounts given above make one loaf of bread. Mix the yeast with lukewarm water until smooth. Add salt, sugar and butter to the hot liquid. Allow this mixture to cool until lukewarm, add the dissolved yeast and enough flour to make a drop batter. Beat thoroughly. Add enough flour to make a soft dough, and knead it on a floured board until no longer sticky. Place it in a pan or bowl and keep it in a warm place until double in bulk. Shape into a loaf using little or no flour and place in an oiled bread pan; brush the top with melted fat, let it rise until double in bulk, and bake from 45 minutes to one hour. If it is desirable to start the bread in the evening use about one-third as much yeast and allow the drop batter to stand in a warm place over night. In the morning add the remaining flour and proceed as directed.

GRAHAM OR WHOLE-WHEAT BREAD

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| 1 c. hot milk or water. | $\frac{1}{2}$ cake compressed yeast. |
| 1 tb. butter or other fat. | $\frac{1}{4}$ c. lukewarm water. |
| 1 tb. sugar. | $1\frac{1}{2}$ c. white flour. |
| 1 t. salt. | Graham or whole-wheat flour. |

Follow the directions for making White Bread. Use white flour to make the batter and add enough graham or whole-wheat flour to make a soft dough.

ROLLS

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| 1 c. milk. | 2 tb. butter or other fat. |
| $\frac{1}{2}$ t. salt. | $\frac{1}{2}$ cake compressed yeast. |
| 1 tb. sugar. | $\frac{1}{4}$ c. lukewarm water. |
| 4 c. flour. | |

Mix yeast with lukewarm water until smooth. Scald milk and add salt, sugar and butter. When this mixture is lukewarm, add the dissolved yeast and enough of the flour to make a drop batter. Beat thoroughly. Add enough flour to knead; turn out on a floured board and knead 10 to 15 minutes, or until dough is no longer sticky. Return to oiled pan and set dough in a warm place to rise. When twice its bulk shape into rolls, using little or no flour. Divide the dough into small pieces of equal size and shape as desired. To make Parkerhouse Rolls take one at a time, roll it into a ball, then flatten it. Brush the top with a little butter, and make a crease through the center with the handle of a wooden spoon. Fold on the crease, pressing the edges lightly together. Place the rolls in an oiled pan leaving spaces between them. Brush with butter; let them rise until double in bulk and bake about 20 minutes in a hot oven.

RAISED MUFFINS

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| 1 c. scalded milk. | $\frac{1}{4}$ cake compressed yeast dissolved. |
| $\frac{3}{4}$ c. cold water. | in $\frac{1}{4}$ c. lukewarm water. |
| 2 tb. butter or other fat. | 1 egg. |
| $\frac{1}{4}$ c. sugar. | 4 c. flour. |
| $\frac{3}{4}$ t. salt. | |

Add butter, sugar, and salt to the hot milk. Add cold water and when this mixture is lukewarm add the dissolved yeast, the well-beaten egg, and the flour. Beat thoroughly, cover, and let rise over night. In the morning beat slightly and put into buttered muffin pans having them $\frac{2}{3}$ full. Let the mixture rise to the top of the pans and bake in a hot oven.

BREAD STICKS

1 c. milk.	$\frac{1}{2}$ cake compressed yeast.
$\frac{1}{4}$ c. butter or other fat.	$\frac{1}{4}$ c. lukewarm water.
$1\frac{1}{2}$ tb. sugar.	White of 1 egg, if desired.
$\frac{1}{2}$ t. salt.	Flour.

Mix yeast with lukewarm water until smooth. Scald milk and add salt, sugar and butter. When the mixture is lukewarm add the yeast dissolved and enough flour to make a drop batter. Add the white of egg well beaten and beat thoroughly. Add enough more flour to knead, turn out on a floured board and knead 10 to 15 minutes, or until dough is no longer sticky. Return to oiled pan and set in a warm place to rise. When twice its bulk divide the dough into pieces the size of small biscuits. Shape into sticks by rolling each piece under the palm of the hand on the board. Place on a buttered sheet and let rise. Start baking in a hot oven, then reduce the heat to let the sticks become crisp and dry. Serve with soup or salad.

FRESHENED BREAD

Stale bread or rolls may be freshened as follows: Place them in a steamer and steam until heated through and then dry them in a hot oven, or moisten the surface with a little water and heat them in the oven.

TO PREPARE CRUMBS

Soft bread crumbs may be prepared by picking soft stale bread in pieces. Dry crumbs are made by grinding pieces of bread which have been thoroughly dried in the oven. They may be kept for some time in covered glass jars.

TOAST

Cut stale bread in $\frac{1}{4}$ to $\frac{1}{2}$ inch slices. Place on the rack in the broiling oven, or over a flame, and toast until brown on one side, then turn and brown the other side. If very dry toast is desired, it may be made in the oven. Serve hot with butter.

MILK TOAST

1 c. hot milk.	1 tb. butter.
$\frac{1}{4}$ t. salt.	4 slices of hot toast.

Butter the toast and place in a dish. Salt the milk and pour it over the toast. It may be necessary to use a little more hot milk than the recipe calls for.

CREAM TOAST

2 c. milk.	1 tb. butter or less.
2 tb. flour.	$\frac{1}{4}$ t. salt.
5 slices of bread.	

Make a white sauce from the first four ingredients. Toast the bread golden brown on each side. Place in a dish and pour the White Sauce between and over the slices. If desired, the toast may be dipped in hot salted water before adding the sauce.

FRENCH TOAST

2 c. milk.	$\frac{1}{2}$ t. salt.
6 to 8 slices of stale bread.	3 eggs.

Beat the eggs slightly, and add with the salt to the milk. Cut the slices of bread in halves. Dip the pieces, one at a time, in the mixture and sauté. Serve hot, with syrup, if desired.

SPANISH TOAST

6 to 8 slices stale bread.	1 t. sugar.
3 eggs.	$\frac{1}{2}$ t. salt.
2 c. cold cooked tomato.	Few grains pepper.

Beat the eggs slightly, and add with the seasonings to the tomato. Cut the the slices of bread in halves. Dip the pieces, one at a time, in the mixture and sauté. Serve hot.

NOTES ON MAKING CAKE

Cakes are divided into two classes—butter cakes, and those made without butter, or sponge cakes.

Sponge cake includes angel cake, lady fingers, and the several kinds of sponge cakes. True sponge cake requires no baking powder, but depends entirely on the air held by the eggs to make it light. In many recipes, however, fewer eggs are called for and some baking powder is added. To prepare pans for sponge cake, line the bottom with unbuttered paper and leave the sides unbuttered. Sponge cakes require a slow oven because,—(1) it takes a long time for them to heat through; (2) they burn easily; and, (3) containing a large proportion of egg, they are toughened by too high a temperature. Allow sponge cake to cool in the pan in which it was baked, inverting the pan with the ends supported above the table.

In making butter cakes it is best to cream the butter thoroughly before adding the sugar. The whole egg, well beaten, may be added just after the sugar; or the whites, stiffly beaten, may be reserved and folded in at the last. Cakes are made tough, if beaten

after the flour is added. For this reason it is best to put in the flavoring before adding the flour. Butter cake may be varied in many ways,—by the addition of chocolate or other flavoring; by spices, fruit or nuts; and by different frostings and fillings. It is safer to line the bottom of pans with paper, but the pans need not be buttered. In putting the mixture into the pans, if it is spread higher on the sides than in the center, the cake will be level when baked. A slightly hotter oven is required for small and layer cakes than for loaf cakes.

USES FOR STALE CAKE

Stale cake may be used as pudding. Remove the icing, cut the cake into pieces suitable for serving and steam until heated through. Serve with a hot sauce. The icing may be used in the sauce.

Stale cake may be crumbled and added to Soft Custard, or baked in Baked Custard.

Stale Sponge Cake may be cut in bars and used in Charlotte Russe in place of Lady Fingers.

SPONGE CAKE No. I

6 egg yolks.	Grated rind of $\frac{1}{2}$ lemon.
1 c. sugar.	1 c. flour.
2 tb. lemon juice.	$\frac{1}{8}$ t. salt.
6 egg whites.	

Beat the yolks with a Dover beater, add the sugar gradually and continue beating. Add lemon juice and rind, then add the flour, stirring just enough to mix. Fold in the egg whites after beating them with the salt. Bake in a slow oven in an unbuttered pan, having the bottom lined with paper.

SPONGE CAKE No. II

1 c. sugar.	7 egg whites.
1 c. flour.	$\frac{1}{3}$ t. cream of tartar.
5 egg yolks.	$\frac{1}{4}$ t. of salt.
1 t. vanilla.	

Measure the flour after sifting, as usual. Mix with the sugar and sift 4 times. Beat the yolks until thick. Add salt to the whites, beat until foamy, add sifted cream of tartar and beat until stiff. Beat in the yolks and vanilla and fold in the flour and sugar mixture, part at a time. Bake in a slow oven in an unbuttered pan, having the bottom lined with paper.

HOT WATER SPONGE CAKE

Yolks of 4 eggs.	$\frac{3}{4}$ c. milk.
$1\frac{2}{3}$ c. sugar.	2 c. flour.
2 tb. lemon juice.	$\frac{1}{2}$ t. salt.
Grated rind of $\frac{1}{2}$ lemon.	$2\frac{1}{2}$ t. baking powder.

Whites of 4 eggs.

Beat the yolks until thick, add half the sugar gradually, and continue beating with a Dover beater; add the lemon juice and rind and beat in the remaining sugar, then stir in the hot water. Add this mixture part at a time to the flour, baking powder and salt sifted together, stirring only enough to mix the ingredients. Beat the whites of the eggs until stiff, and fold them into the mixture. Pour into an unbuttered pan, having the bottom lined with paper. Bake one hour in a slow oven. The cake is done if it springs back when pressed lightly with the finger tips. One egg makes almost twice as much in this recipe as in true Sponge Cake.

JELLY ROLL

3 eggs.	1 t. baking powder.
$\frac{3}{4}$ c. sugar.	$\frac{1}{4}$ t. salt.
$\frac{1}{2}$ tb. milk.	1 c. flour.
$\frac{1}{4}$ t. vanilla.	1 tb. melted butter.

Beat eggs until light in the bowl in which the cake is to be mixed. Add sugar gradually and continue beating. Add milk and flavoring, then the flour, baking powder, and salt, sifted together, and lastly the melted butter. Pour into a large shallow pan having the sides buttered and the bottom lined with buttered paper. Spread the mixture evenly, having it only $\frac{1}{8}$ inch thick. Bake in a moderate oven 12 minutes. Turn out on a clean cloth freshly wrung out of hot water. Quickly remove the paper and with a sharp knife trim off the edges. Spread with jelly softened to the proper consistency. Roll up and wrap with paper to hold the shape.

ANGEL CAKE.

1 c. egg whites (about 8).	1 t. cream of tartar.
1 c. granulated sugar.	$\frac{1}{2}$ t. vanilla or almond flavoring.
1 c. flour.	$\frac{1}{2}$ t. salt.

Sift the flour before measuring, as usual, and sift again 4 times with the sugar. Add salt to the whites, beat until foamy, add sifted cream of tartar, and beat until stiff and dry. Then add the flavoring. Fold in the flour and sugar and turn into an unbuttered angel cake pan, having the bottom lined with paper.

Bake in a slow oven until the surface springs back when pressed lightly with the finger tips. When the cake is done, place the pan, bottom up, on a wire rest to cool.

PLAIN CAKE.

$\frac{1}{2}$ c. butter or 6 tb. other fat.	2 c. flour.
1 c. sugar	$\frac{3}{4}$ c. milk.
2 eggs or 1.	$2\frac{1}{2}$ t. baking powder.
$\frac{1}{2}$ t. flavoring.	

Cream the butter and add the sugar gradually; add eggs well beaten, then the flavoring, and mix thoroughly. Add the flour and milk alternately, having the baking powder sifted with the flour. Do not beat the mixture after the flour is added, but stir just enough to mix the ingredients. Put in loaf or shallow pans and bake in a moderate oven until it shrinks from the sides of the pan, and springs back when pressed lightly with the finger tips. Put together with different fillings or frostings, from which the cake then takes its name. Other fat may be substituted for butter, using $\frac{1}{4}$ less and adding $\frac{1}{2}$ t. salt. This recipe makes one large layer.

WHITE CAKE

1 c. butter or $\frac{3}{4}$ c. other fat.	4 c. flour.
$1\frac{3}{4}$ c. sugar.	4 t. baking powder.
$1\frac{1}{2}$ c. milk.	Whites of 4 eggs.
1 t. flavoring.	

Cream the butter and add the sugar gradually, then the flavoring. Add the flour and milk alternately, having the baking powder sifted with the flour. If other fat is substituted for butter, add $\frac{1}{2}$ t. salt. Fold in the stiffly-beaten whites. Bake in two layers and combine with any desired filling and frosting.

SOUR CREAM CAKE

2 eggs.	$\frac{1}{2}$ t. vanilla, or
$\frac{3}{4}$ c. sugar.	1 t. cinnamon and $\frac{1}{8}$ t. cloves.
1 c. thick sour cream.	2 c. flour.
$\frac{1}{4}$ t. salt.	$1\frac{1}{2}$ t. baking powder.
$\frac{1}{8}$ t. soda.	

Beat eggs in the bowl in which the cake is to be mixed, add the sugar, cream, and flavoring, and continue beating. Mix and sift the flour, baking powder, soda, and salt, and the spices, if used. Add this mixture to the one in the bowl and mix only enough to make the batter smooth. Bake in two layers, in a loaf, or in small pans.

NUT CAKE

Use the recipe given for Plain Cake and add $\frac{3}{4}$ cup of walnut or hickory nut meats, or blanched almonds broken in pieces.

SPICE CAKE

Use the recipe given for Plain Cake or for Sour Cream Cake, adding 1 t. cinnamon, $\frac{1}{8}$ t. nutmeg, and $\frac{1}{8}$ t. cloves to the flour.

CHOCOLATE CAKE

Use the recipe given for Plain Cake or for Sour Cream Cake, adding 2 ounces of melted chocolate to the mixture; or add $\frac{1}{4}$ c. cocoa, omitting $\frac{1}{4}$ c. flour.

GOLD CAKE

$\frac{1}{4}$ c. butter.	1 c. flour.
$\frac{1}{2}$ c. sugar.	2 t. baking powder.
4 egg yolks	$\frac{1}{3}$ c. milk.
$\frac{1}{2}$ t. vanilla or grated rind of $\frac{1}{2}$ lemon, or both.	

Cream the butter, add the sugar gradually; add the yolks well beaten, then the flavoring, and mix thoroughly. Add the flour and milk alternately, having the baking powder sifted with the flour. Bake as a loaf, or in muffin tins.

TEA BARS

2 eggs.	6 tb. butter or other fat.
1 c. sugar.	$\frac{1}{2}$ c. flour.
2 sq. chocolate.	1 t. vanilla.
1 c. broken nut meats.	

Beat the eggs and beat in the sugar part at a time. Melt the butter and chocolate together over hot water and add to the first mixture. If little or no butter is used add a few grains of salt. Add vanilla, nuts, and flour. Spread on a buttered shallow pan $\frac{1}{3}$ inch thick and bake like cake in a moderate oven. When cool cut into small bars. These bars are suitable to serve at receptions or teas.

BOILED FROSTING

1 c. sugar.	1 t. vanilla, or
$\frac{1}{2}$ c. water.	$\frac{1}{2}$ tb. lemon juice.

White of 1 egg.

Dissolve sugar in water, then boil without stirring until syrup threads when dropped from the tip of the spoon. See Notes on Making Candy. Cool slightly and pour syrup gradually on the stiffly-beaten white of egg, beating constantly; add flavoring and

continue beating until of right consistency to spread. Too much beating makes the frosting rough; if not beaten long enough it will run. If the whites of two eggs are used, the frosting does not stiffen so quickly, and is a little more easily made by the inexperienced.

FROSTING MADE WITH YOLKS

Follow the directions for Boiled Frosting, substituting 2 well beaten yolks for the white of egg.

CHOCOLATE FROSTING No. I

Follow the directions for Boiled Frosting or Frosting Made With Yolks, adding 2 oz. of melted chocolate after the egg and syrup have been combined.

CHOCOLATE FROSTING No. II

1½ oz. chocolate.

¼ c. milk.

1 c. powdered sugar.

Yolk of 1 egg.

½ t. vanilla.

Melt the chocolate over hot water and add half of the sugar. When well mixed add the milk and the rest of the sugar, then the beaten yolk. Cook the mixture over hot water until it thickens, stirring constantly. Allow it to cool a little, add the vanilla and spread on cake.

QUICK FROSTING

About 1 c. confectioners sugar. ½ t. flavoring.

2 tb. hot milk.

1½ tb. cocoa, if desired.

Sift the sugar and stir it part at a time into the hot milk and flavoring until the mixture is of the proper consistency to spread. If the cocoa is used, add it with the first half cup of sugar.

CREAM FILLING.

⅞ c. sugar.

⅓ c. flour.

⅓ t. salt.

2 eggs.

2 c. scalded milk.

1 t. vanilla.

Mix dry ingredients and add the scalded milk gradually. Cook 15 minutes in a double boiler, stirring constantly until thickened. Pour over slightly beaten eggs, mix well and return to double boiler. Cook 2 minutes over water just below the boiling point. Remove from fire, cool slightly, and flavor.

CHOCOLATE CREAM FILLING

Melt 1¼ squares of chocolate and add to Cream Filling, using 1 c. sugar in place of ⅞ c.

DOUGHNUTS

4 c. flour.	2 tb. melted fat.
$\frac{1}{2}$ t. salt.	1 scant c. sugar.
4 t. baking powder.	1 c. sweet milk.
$\frac{1}{4}$ t. cinnamon or nutmeg.	2 eggs.

Mix and sift the dry ingredients, reserving one cup of flour. Mix milk and beaten egg and add to the dry mixture. Add the melted fat and mix in as much of the remaining cup of flour as is needed to make a soft dough. Chill the dough and roll out, part at a time, on a well floured board. Cut and fry a few at a time. Drain on unglazed paper. Roll in powdered sugar, if desired.

For Sour Milk Doughnuts substitute 1 c. sour milk and $\frac{1}{2}$ t. soda for the sweet milk and baking powder.

NOODLES

1 egg.
Flour.

Beat the egg slightly and add enough flour to make a very stiff dough. Knead on a slightly floured board and roll the dough out into a sheet about as thin as paper. Cover with a clean cloth and allow it to stand for 20 minutes. Roll up in the form of jelly roll and cut in very thin slices. Unroll these small pieces and spread them to dry. When thoroughly dry, they may be packed in glass jars. When ready for use, cook 20 minutes in boiling salted water; drain and add to soup stock or serve as a vegetable.

TIMBALE CASES

$\frac{3}{4}$ c. flour.	$\frac{1}{2}$ c. milk.
$\frac{1}{2}$ t. salt.	1 egg.
1 t. sugar.	1 tb. olive oil.

Mix dry ingredients, add half the milk, and beat until the mixture is smooth, then add the rest of the milk, the egg, and the oil. Heat the timbale iron in hot fat, deep enough to cover it. Have a cup $\frac{2}{3}$ full of the batter. Wipe the superfluous fat from the bottom of the iron, dip it into the batter and quickly place in the hot fat. Fry until a delicate brown and slip the case off on unglazed paper. If the fat is too hot or not hot enough, the batter will not adhere to the iron. Fill with creamed chicken, sweetbreads, oysters, mushrooms or peas.

FRITTER BATTER

$1\frac{1}{2}$ c. flour.	$\frac{2}{3}$ c. milk.
2 t. baking powder.	1 egg.
$\frac{1}{4}$ t. salt.	

Mix and sift dry ingredients. Add well beaten egg to milk and stir this mixture into the dry ingredients, adding part at a time. For fruit fritters add 3 tb. powdered sugar to the dry ingredients.

APPLE FRITTERS

Core and pare 2 apples of medium size and cut into dice, rings or slices. Sprinkle with sugar and lemon juice and let stand a few minutes. Drain and mix with Fritter Batter. Drop by spoonfuls into deep fat and fry, a few at a time until a delicate brown. Drain on unglazed paper. Sprinkle with powdered sugar. Serve immediately.

BANANA FRITTERS

Cut bananas in halves lengthwise and in thirds crosswise and proceed as for Apple Fritters.

CREAM PUFFS

$\frac{1}{2}$ c. butter.

4 eggs.

1 c. boiling water.

1 c flour.

Have the hot water and butter in a sauce pan; bring to the boiling point; add the flour all at once and stir over the fire until the mixture forms a ball. Cool slightly and add the unbeaten eggs, one at a time, beating in each until thoroughly mixed. Drop by spoonfuls on a buttered tin sheet, one and a half inches apart. If a glazed surface is desired, brush with white of egg before baking. Bake 30 to 35 minutes in a moderate oven. If not sufficiently baked they will fall. When cool, cut a slit in the top or side and fill the puff with sweetened whipped cream or Cream Filling. This recipe makes about 18 small cakes.

ECLAIRS

Use Cream Puff mixture, shaping it in cakes about 4 inches long and 1 inch wide. Bake as directed for Cream Puffs and fill with Cream Filling, Chocolate Cream Filling or sweetened whipped cream flavored with vanilla. Cover the top with frosting.

WASHINGTON CREAM CAKE

$\frac{1}{3}$ c. butter or other fat.

$1\frac{3}{4}$ c. flour.

$\frac{3}{4}$ c. sugar.

$2\frac{1}{2}$ t. baking powder.

2 egg yolks.

$\frac{1}{2}$ c. milk.

$\frac{1}{2}$ t. vanilla, lemon or
orange extract.

Few grains salt.

2 egg whites.

Cream the butter and add the sugar gradually, then the beaten yolks and the flavoring. Have the flour and the baking powder mixed and add to first mixture, about $\frac{1}{3}$ at a time, alternating with

the milk. Fold in the egg whites after beating them with the salt. Bake in two or three layers. When cool spread Cream Filling between the layers and sift powdered sugar over the top.

GINGERBREAD

$\frac{1}{3}$ c. butter or other fat.	3 c. flour.
$\frac{3}{4}$ c. boiling water.	1 t. soda.
1 c. New Orleans molasses.	$\frac{1}{2}$ t. salt.
1 egg well beaten.	1 tb. ginger.
$\frac{1}{2}$ c. sugar if desired.	

Melt the butter in the water, and add molasses and egg. Add this mixture, part at a time, to the dry ingredients, mixed and sifted. Bake in a shallow buttered pan in a slow oven.

SOUR MILK GINGERBREAD

$\frac{1}{2}$ c. sour milk.	2 c. flour.
$\frac{3}{4}$ c. New Orleans molasses.	1 t. soda.
1 egg.	1 tb. ginger.
$\frac{1}{4}$ t. salt.	2 tb. butter or other fat, melted.

Mix milk and molasses, add the beaten egg and the dry ingredients mixed and sifted. Add the melted butter. Bake in shallow buttered pans.

GINGER SNAPS

1 c. New Orleans molasses.	$\frac{1}{2}$ t. soda.
$\frac{1}{2}$ c. fat.	1 tb. ginger.
$3\frac{1}{4}$ c. flour.	1 t. salt.
1 t. cinnamon.	

Heat the molasses to the boiling point, and pour it over the shortening. Add the dry ingredients mixed and sifted. Chill thoroughly. Place one-fourth of the mixture on a slightly floured board, and roll out one-eighth inch thick. Cut with a small round cutter first dipped in flour. Place on an oiled tin sheet and bake in a moderate oven. Keep the mixture cool until baked.

MOLASSES COOKIES

4 to 5 c. flour.	1 t. soda.
1 t. salt.	2 t. baking powder.
2 t. ginger.	1 c. molasses.
1 t. cinnamon.	1 c. milk.
$\frac{1}{2}$ c. fat melted.	

Mix 4 c. flour with the other dry ingredients. Mix the molasses, milk and shortening, and add to the dry mixture. Add enough

more flour to make a very soft dough. Chill thoroughly. Roll out, part at a time, on a floured board. Bake on a buttered tin sheet in a moderate oven.

SUGAR COOKIES

$\frac{1}{2}$ c. butter or 6 tb. other fat.	$\frac{1}{4}$ c. milk.
1 c. sugar.	2 t. baking powder.
1 egg.	About 3 c. flour.
$\frac{1}{2}$ t. vanilla, if desired.	

Mix as directed for Plain Cake, adding $\frac{1}{2}$ t. salt if butter is not used. When stiff enough to roll, turn out, part at a time, on a floured board and roll one-fourth inch thick. Keep board and rolling pin floured. Cut with floured cutter. A sprinkling of nutmeg may be added after the cookies are cut. Bake 15 minutes on shallow pans.

DROP CAKES

$\frac{1}{2}$ c. butter or 6 tb. other fat.	$\frac{1}{2}$ c. milk.
$\frac{1}{2}$ c. sugar.	$2\frac{1}{2}$ c. flour.
1 egg.	3 t. baking powder.
$\frac{1}{2}$ t. vanilla.	

Mix as directed for Plain Cake, adding $\frac{1}{2}$ t. salt if butter is not used. Other flavoring, as suggested for Nut, Spice or Chocolate Cakes, or grated lemon rind or raisins, may be substituted for vanilla or used with it. Drop by spoonfuls on unbuttered shallow pans about 2 inches apart. Bake in a hot oven about 12 minutes. Drop cakes make a very good substitute for cookies and are much more quickly made.

APPLE DUMPLINGS

Use Baking Powder Biscuit dough or Pie Crust. Roll out and cut into 5 inch squares. In the center of each square place one small apple, pared and cored, or one-half apple sliced. Sprinkle with sugar and cinnamon and dot with butter. Draw up the edges of dough over the apples and press them together firmly. Steam for one hour or bake in a hot oven. Serve with Hard Sauce, or cream and sugar.

PEACH DUMPLINGS

Follow the directions for making Apple Dumplings, substituting peaches which have been pared and stoned for the apples.

DUTCH APPLE CAKE

2 c. flour.	1 egg.
$\frac{1}{2}$ t. salt.	1 scant c. milk.
3 t. baking powder.	2 sour apples.
$\frac{1}{4}$ c. butter or other fat.	2 tb. sugar.
$\frac{1}{4}$ t. cinnamon.	

Mix dry ingredients except sugar and cinnamon, cut or rub in butter, add milk and beaten egg. Spread $\frac{1}{2}$ inch thick on a shallow pan. Pare and cut apples in sections lengthwise, lay in rows on the dough with the sharp edges pressed lightly into the dough. If desired, sprinkle the top with the sugar and cinnamon. Bake in a hot oven 25 to 30 minutes. Serve hot with Lemon Sauce or Hard Sauce.

LEMON SAUCE

2 c. hot water.	Grated rind and juice of 1 lemon.
1 c. sugar.	1 tb. butter. .
2 tb. cornstarch or 3 tb. flour.	

Mix sugar and cornstarch, add boiling water, and boil 10 minutes, stirring while it thickens. Remove from fire and add butter, lemon juice, and rind.

ORANGE SAUCE

Make the same as Lemon Sauce and flavor with orange, omitting part or all of the lemon.

HARD SAUCE

$\frac{1}{3}$ c. butter.
2 c. powdered sugar, sifted.
1 t. vanilla, or $\frac{1}{3}$ t. lemon extract and $\frac{2}{3}$ t. vanilla.
White of 1 egg, if desired.

Cream the butter and add the sugar gradually, then the flavoring and the beaten egg white. If egg is not used omit $\frac{1}{2}$ c. of sugar.

RAISIN SAUCE

$1\frac{1}{2}$ tb. butter.	1 c. water.
$\frac{1}{2}$ c. sugar.	2 t. flour.
$\frac{1}{4}$ c. raisins.	2 tb. lemon juice.

Wash, seed, and chop the raisins. Simmer in the water 15 minutes. Blend the flour with a little cold water and add to the raisins, stirring while the mixture thickens. After cooking 5 minutes, remove from the fire, beat in the butter and the sugar, and add the lemon juice. Serve hot on hot pudding.

FRUIT SAUCE

1 c. fruit juice.

1 tb. sugar.

 $\frac{1}{2}$ tb. butter.1 tb. flour, or $\frac{3}{4}$ tb. cornstarch.

Heat the fruit juice. Mix the flour and sugar and blend with the hot fruit juice. Boil 10 minutes, stirring while it thickens. Remove from the fire and beat in the butter. If the sauce requires it, add more sugar and a little lemon juice.

VANILLA SAUCE

2 c. hot water.

1 tb. butter.

1 c. sugar.

1 t. vanilla.

2 tb. cornstarch, or 3 tb. flour.

Mix the sugar and cornstarch, add boiling water, and boil 10 minutes, stirring while it thickens. Remove from the fire, beat in the butter and add vanilla.

COTTAGE PUDDING

2 $\frac{1}{3}$ c. flour.

1 egg.

4 t. baking powder.

 $\frac{2}{3}$ c. sugar. $\frac{1}{2}$ t. salt.

4 tb. melted butter or other fat.

1 c. milk.

Mix and sift the flour, baking powder, and salt. Beat the egg and add the sugar, butter, and milk. Stir this mixture, part at a time, into the dry mixture. Bake about 20 minutes in a shallow oiled pan. The pudding is done when it shrinks from the sides of the pan. Serve hot with Lemon Sauce.

SNOW BALLS

 $\frac{1}{2}$ c. butter.2 $\frac{1}{4}$ c. flour.

1 c. sugar.

3 $\frac{1}{2}$ t. baking powder. $\frac{1}{2}$ c. milk.

Whites of 4 eggs.

Cream the butter and add the sugar gradually. Have the flour mixed and sifted with the baking powder and add alternately with the milk to the first mixture. Fold in the stiffly-beaten whites of eggs. Steam 35 minutes in small buttered cups. Serve with a Fruit Sauce.

STRAWBERRY SHORTCAKE

1 $\frac{1}{2}$ c. flour.

3 tb. shortening.

3 t. baking powder.

1 qt. strawberries.

 $\frac{1}{3}$ t. salt. $\frac{1}{2}$ to 1 c. sugar. $\frac{1}{2}$ c. milk or milk and water.

Wash, drain, and hull the berries. Cut in halves and sprinkle with sugar. The best ones may be saved whole for garnishing. Mix and sift the flour, baking powder, and salt, adding 1 tb. of sugar, if

desired. Work in the shortening with the tips of the fingers or cut it in with knives. Pour in the milk gradually, using just enough to make a soft dough. Lift and turn the mass with a knife or spatula, so as to moisten it evenly, and work it as little as possible. Turn out on a floured board. Divide into two parts and pat or roll lightly so as to make two layers, each about $\frac{3}{4}$ inch thick. Place one on a buttered pan, brush with melted butter and cover with the other. Bake in a hot oven. When done, separate the layers and spread with sugared berries between and on top. Serve with or without plain or whipped cream.

ORANGE SHORTCAKE

Make the same as Strawberry Shortcake, using the sweetened pulp from oranges, instead of berries, between the layers and on top; or Meringue may be piled roughly on top and then browned in the oven.

PEACH COBBLER

Heat stewed peaches, sweeten to taste, and place in a buttered baking dish. Cover with Baking Powder Biscuit mixture or Pie Crust. Bake in a hot oven. Serve with cream, or Fruit Sauce.

STEAMED FRUIT PUDDING

- | | |
|------------------------|--|
| 2 c. flour. | 1 egg beaten. |
| 3 t. baking powder. | $\frac{1}{4}$ c. melted butter or other fat. |
| $\frac{1}{2}$ t. salt. | 1 scant c. milk. |

2 apples cut in eighths or small cubes, or

1 c stewed cherries, or $1\frac{1}{2}$ c. figs.

Mix and sift dry ingredients, add milk, egg, and melted butter, mixed. Put in buttered cups or small molds, first a tablespoon of batter, then a few pieces of apple or fig, or a few cherries drained from their juice, repeating until mold is $\frac{3}{4}$ full. Steam 2 hours. Serve with Hard Sauce, Fruit Sauce, or cream.

SUET PUDDING

- | | |
|---------------------------|--------------------------|
| 1 c. finely chopped suet. | $1\frac{1}{2}$ t. salt. |
| 1 c. molasses. | $\frac{1}{2}$ t. ginger. |
| 1 c. water or milk. | $\frac{1}{2}$ t. cloves. |
| 3 c. flour. | $\frac{1}{2}$ t. nutmeg. |
| 1 t. soda. | 1 t. cinnamon. |

1 c. raisins or currants.

Mix and sift dry ingredients. Add molasses and milk to suet. Combine the mixtures and add raisins. Steam in a buttered mold 3 hours. Serve with Lemon or Hard Sauce.

PIE CRUST

1 c. flour.

4 tb. lard or other fat.

 $\frac{1}{4}$ t. salt.

Cold water.

The amounts given above make one medium sized crust. It may be made with less shortening if baking powder is added. Mix the flour and salt. Cut in the shortening with two knives or rub it in with the fingers. Add water a few drops at a time. Do not use any pressure, but give time for the flour to absorb the water. The mixture should be barely moist enough to stick together. Too much water makes a tough crust. Work in the ragged edges, handling as little as possible. Place the dough on a slightly floured board, turn it over and roll it with light strokes to make it a little larger than the pan in which it is to be baked. It should be lifted and turned occasionally to prevent sticking to the board. Line a pan with the dough, being careful not to stretch it nor to leave air bubbles under it. In making a single crust, press the dough over the edge of the pan and trim with a knife, then build up a rim as follows: First moisten the edge and lay a half inch strip of dough over it; press the layers lightly together, shaping the rim with the fingers or marking it with a fork. In baking a single crust, before filling with a cooked mixture, prick a few holes in the bottom to prevent large bubbles from forming. To cover a pie moisten the edge of the lower crust and lay on an upper crust which has been perforated to allow steam to escape. Press the edges lightly together. Bake in a hot oven.

LEMON PIE

1 c. sugar.

2 egg yolks.

 $\frac{1}{2}$ c. flour.

Juice and grated rind of

 $\frac{1}{4}$ t. salt.

one lemon.

2 c. boiling water.

1 t. butter.

Mix flour, sugar, and salt, and blend with the hot water. Cook directly over the fire 5 minutes, stirring constantly. Place over hot water and add the butter and beaten egg yolks. Cook 2 minutes, remove from fire, and add strained lemon juice and grated rind. Have ready a Pie Crust, previously baked, and fill with the above mixture when it is cool. Cover with Meringue. Bake in a slow oven until delicately browned.

MERINGUE

Whites of 2 eggs.

 $\frac{1}{2}$ tb. lemon juice, or

2 tb. powdered sugar.

 $\frac{1}{4}$ t. vanilla.

Beat the whites until light, add the sugar gradually and con-

tinue beating. Add the flavoring. Spread the mixture roughly on pie or pudding. Bake in a slow oven until delicately browned. Meringue may be floated on hot water and browned, and then placed on a pie or pudding.

CUSTARD PIE *

2 eggs.	$\frac{1}{8}$ t. salt.
$\frac{1}{4}$ c. sugar.	$1\frac{3}{4}$ c. scalded milk.

Few grains nutmeg.

Beat the eggs slightly, add the sugar, salt, and milk. Line a pan with Pie Crust and build up a rim. Brush inside with a little egg white, reserved from eggs used in the filling. Bake the crust in a hot oven long enough to harden this coating, pour in the filling, and reduce the temperature of the oven to cook the custard and finish baking the crust.

PUMPKIN PIE

$1\frac{1}{4}$ c. steamed and strained pumpkin.	$\frac{1}{2}$ t. cinnamon.
$\frac{1}{3}$ c. brown sugar.	$\frac{1}{2}$ t. ginger.
$\frac{1}{2}$ t. salt.	$\frac{1}{4}$ t. nutmeg.
	1 or 2 eggs.

1 c. hot milk.

Mix the pumpkin, sugar, salt, and spices. Add the eggs, beaten slightly, and then the milk. If two eggs are used, $\frac{1}{4}$ c. more milk or cream may be added. Prepare crust as for Custard Pie and bake until filling is firm.

RHUBARB PIE

2 c. rhubarb.	2 tb. flour.
1 c. sugar.	$\frac{1}{8}$ t. salt.
1 tb. butter.	1 egg.

1 t. lemon juice.

Wash the rhubarb and cut into $\frac{1}{2}$ inch pieces without peeling. Mix the sugar, flour, salt, slightly beaten egg, and lemon juice. Add to the rhubarb and bake between crusts.

APPLE PIE

4 or 5 sour apples.	Few grains cinnamon or nutmeg.
$\frac{1}{2}$ c. sugar or more.	1 t. butter or more.

Line a pie pan with crust. Pare, core, and slice the apples and lay them on it. Sprinkle with sugar, and nutmeg, or cinnamon. Dot with butter. Moisten edges of lower crust and cover with

upper crust, pressing the edges together. The upper crust should always be perforated to allow steam to escape. Bake 40 to 45 minutes in a moderate oven.

PATTY SHELLS

Line small patty pans with Pie Crust, or invert pans and cover bottom and sides with crust. Prick a few holes in the bottom to prevent large air bubbles from forming, and bake. When ready to serve, fill with a hot creamed mixture.

Miscellaneous Desserts

BAKED INDIAN PUDDING

4 c. scalded milk.	1 t. salt.
$\frac{1}{3}$ c. cornmeal.	1 t. ginger.
$\frac{1}{2}$ c. New Orleans molasses.	$\frac{1}{2}$ t. cinnamon.

Stir the hot milk into the cornmeal. Add molasses, salt, and spices, and cook in a double boiler for 20 minutes. Pour into a buttered pudding dish and bake in a slow oven 2 hours.

BREAD PUDDING

1 c. cubes of stale bread.	$\frac{1}{4}$ c. sugar.
2 c. hot milk.	1 tb. butter or less.
1 egg, slightly beaten.	F. g. nutmeg,
$\frac{1}{4}$ t. salt.	or 1 t. flavoring.
$\frac{1}{2}$ c. seedless raisins, if desired.	

Put the bread and milk in a buttered baking dish and let it stand a few minutes. Mix the egg, sugar, salt and flavoring, and add to the first mixture; add the raisins, if used, and dot the top with butter. Set the dish in a pan of hot water and bake in a slow oven until firm and delicately browned on top. Serve with any desired sauce, or with cream and sugar.

CHOCOLATE BREAD PUDDING

Follow the directions for Bread Pudding, adding $\frac{1}{2}$ oz. of bitter chocolate or 1 tb. cocoa and flavor with vanilla, omitting the raisins. If chocolate is used melt it and mix with part of the sugar and enough of the hot milk to thin the mixture. Add to the bread and milk. If cocoa is used mix it with the sugar.

CREAMY RICE PUDDING

- | | |
|-------------------------|-------------------------------------|
| 4 c. milk. | $\frac{1}{2}$ t. salt. |
| $\frac{1}{2}$ c. rice. | Few grains nutmeg, or |
| $\frac{1}{3}$ c. sugar. | grated rind of $\frac{1}{2}$ lemon. |

Wash rice and mix with other ingredients in a buttered pudding dish. Cover and bake slowly from 2 to 3 hours. When the rice is puffed, remove the cover and stir in the brown crust as it forms.

RICE PUDDING

- | | |
|-------------------------|-------------------------------------|
| 2 c. cooked rice. | $\frac{1}{2}$ c. seeded raisins. |
| $\frac{3}{4}$ c. milk. | Grated rind of $\frac{1}{2}$ lemon. |
| $\frac{1}{3}$ c. sugar. | |

Mix ingredients and bake in a buttered pudding dish until thickened and brown. Serve with cream or Vanilla Sauce.

RICE AND APRICOT PUDDING

- | | |
|----------------------------------|-----------------------------------|
| 1 c. rice. | 2 tb. butter. |
| 1 t. salt. | $\frac{1}{2}$ lb. dried apricots. |
| $3\frac{1}{2}$ c. boiling water. | $\frac{1}{2}$ c. sugar. |

Wash the apricots and soak over night in sufficient cold water to cover them. Cook in the same water in a double boiler until soft, and add the sugar. Let them stand some time in the sweetened juice. Cook the rice as directed under Steamed Rice. Put a layer in a buttered baking dish, then add a layer of apricots; repeat until dish is full, having rice on top. Dot with butter. Reserve one cup of juice for sauce. Pour the remaining juice on the pudding until it may be seen through the top layer, using a little water if necessary. Bake about 15 minutes in a moderate oven. Serve with a sauce made from the apricot juice, following the directions for Fruit Sauce.

SCALLOPED APPLES

- | | |
|---------------------------------|-----------------------------|
| 4 c. sliced apples. | $\frac{1}{4}$ t. nutmeg, or |
| $\frac{1}{4}$ c. melted butter. | $\frac{1}{3}$ t. cinnamon. |
| 2 c. soft stale bread crumbs. | $\frac{1}{4}$ c. sugar. |

Grated rind and juice of 1 lemon.

Mix the crumbs, melted butter, spice, sugar, and rind and juice of lemon. Spread $\frac{1}{3}$ of this mixture in the bottom of a buttered baking dish; then alternate with layers of apple, having crumb mixture on top. If the apples are not very juicy, add enough water to moisten. Bake covered about 35 minutes in a moderate oven. Remove the cover and brown the crumbs. Serve with cream and sugar or sauce.

RHUBARB PUDDING

- 4 c. rhubarb.
4 or 5 slices bread, buttered.
1 c. sugar.

Wash the rhubarb and cut it into 1 inch lengths, but do not peel it. Cut the slices of bread into cubes, mix lightly with the rhubarb and sugar and bake in a buttered pudding pan about 20 minutes. The pan should be covered during the first 10 minutes.

APPLE MERINGUE

- 6 apples. 3 egg whites.
1 pt. Soft Custard. $\frac{1}{3}$ c. powdered sugar.

Core, pare, and bake the apples, keeping a very small amount of water in the pan. Baste occasionally. When the apples are tender, pour the Soft Custard over them. Cover with Meringue made from the egg whites and the powdered sugar, and brown in a pan of cool water in a slow oven; or float the Meringue in a pan of hot water and brown it, then lift onto the pudding.

APPLE TAPIOCA

- $\frac{3}{4}$ c. tapioca. $\frac{1}{2}$ t. salt.
Cold water. $\frac{1}{2}$ c. sugar.
 $2\frac{1}{2}$ c. boiling water. 7 sour apples.

If pearl tapioca is used, wash and soak in cold water one hour or more. (Minute tapioca need not be soaked.) Pour over it the boiling water, add the salt and cook in a double boiler until transparent. Pare and slice apples, put into a baking dish, sprinkle the sugar over them and, if liked, add a little lemon juice or cinnamon. Add the cooked tapioca and bake in a moderate oven until the apples are very soft. Serve with sugar and cream. Apricots may be substituted for apples.

TAPIOCA CREAM

- 2 tb. tapioca. $\frac{1}{8}$ t. salt.
Cold water. $\frac{1}{8}$ c. sugar.
1 pt. milk. 2 egg whites.
2 egg yolks. $\frac{1}{2}$ t. vanilla.

If pearl tapioca is used, soak it for an hour in sufficient cold water to cover (minute tapioca needs no soaking); add the milk, and cook in a double boiler until the tapioca is transparent. Mix egg yolks, salt, and sugar; stir the hot mixture into them, return to double boiler, and cook 2 minutes, or until it thickens slightly. Remove from fire, add the flavoring and beaten whites. Cool and serve.

PRUNE PUDDING

- | | |
|---------------------------|----------------------------------|
| $\frac{1}{2}$ lb. prunes. | $\frac{1}{8}$ t. cinnamon. |
| 2 c. cold water. | $1\frac{1}{3}$ c. boiling water. |
| 1 c. sugar. | $\frac{1}{3}$ c. cornstarch. |
| 1 tb. lemon juice. | |

Pick over and wash the prunes. Soak several hours in the cold water and cook covered in the same water until soft. Remove stones and add sugar, cinnamon, and boiling water. Mix cornstarch with enough cold water to pour easily and add to the hot prune mixture, stirring constantly. Cook directly over the fire until thick, then place over hot water. Add lemon juice and continue to cook for 20 minutes. The stiffly-beaten whites of 1 or 2 eggs may be folded in, if desired. Mold and serve cold with cream.

PRUNE WHIP

- | | |
|---------------------------|--------------------------------|
| $\frac{1}{3}$ lb. prunes. | $\frac{1}{2}$ tb. lemon juice. |
| $\frac{1}{2}$ c. sugar. | Whites of 5 eggs. |

Pick over and wash the prunes, soak in cold water, then cook in same water until soft. Remove stones and chop prunes, add sugar and cook 5 minutes, or until of the consistency of marmalade. Fold prune mixture and lemon juice into the stiffly-beaten whites of eggs. Pile lightly on a buttered pudding pan; set in a pan of hot water and bake 20 minutes in a slow oven. Serve cold with cream or Soft Custard.

SOFT CUSTARD

- | | |
|---------------------------|-------------------------|
| 2 c. scalded milk. | $\frac{1}{4}$ c. sugar. |
| Yolks of 3 eggs. | $\frac{1}{8}$ t. salt. |
| $\frac{1}{2}$ t. vanilla. | |

Beat the yolks slightly and mix with the sugar and salt, then slowly add the scalded milk, stirring constantly. Cook until it thickens over water just below the boiling point. Flavor and cool. If the custard should curdle place it in a pan of cold water and beat it with a Dover beater.

BAKED CUSTARD

- | | |
|-------------------------|------------------------|
| 1 qt. scalded milk. | $\frac{1}{4}$ t. salt. |
| 4 eggs or 3. | 1 t. vanilla, or |
| $\frac{1}{2}$ c. sugar. | Few grains nutmeg. |

Beat the eggs slightly, stir in the sugar and salt, then, slowly, the hot milk. When the sugar is dissolved, add the flavoring and pour into serving dishes. Set them in a pan of hot water and bake in a slow oven until firm. Do not allow the water in the pan to boil.

FLOATING ISLAND

Make Soft Custard and fold in stiffly-beaten whites of eggs, or pile Meringue on top.

CORNSTARCH MOLD

4 c. milk.	6 tb. cornstarch.
4 tb. sugar.	$\frac{1}{4}$ t. salt.
1 t. flavoring.	

Heat the milk in a double boiler. Mix the cornstarch, sugar, and salt together in a bowl. Add hot milk a little at a time, stirring all the while. Pour into the double boiler, stir while it thickens and then cook covered 20 minutes. Remove from the fire and add the flavoring. Turn into a mold that has been wet with cold water. Cool and serve with cream and sugar.

CHOCOLATE MOLD

Proceed as for Cornstarch Mold, using $\frac{1}{2}$ c. sugar. Melt 1 square of chocolate, add to it $\frac{1}{4}$ c. boiling water and stir and cook until perfectly smooth. Add this to the cornstarch and milk mixture just before removing from the fire. In place of chocolate 2 tb. cocoa may be used by adding it to the dry ingredients. Flavor with vanilla.

CORNSTARCH MERINGUE

Follow the directions for Cornstarch Mold. Upon removing from the fire fold in the stiffly-beaten whites of 3 eggs with the flavoring. Mold and serve with Soft Custard.

CORNSTARCH CUSTARD

1 qt. scalded milk.	3 egg yolks.
$\frac{1}{4}$ c. cornstarch.	1 t. vanilla.
$\frac{1}{4}$ t. salt.	3 egg whites.
$\frac{1}{4}$ c. granulated sugar.	4 tb. powdered sugar.

Mix the cornstarch, granulated sugar, and salt together thoroughly in a bowl. Add the hot milk, a little at a time, stirring all the while. Pour into the double boiler, stir while it thickens and then cook covered 20 minutes. Beat the yolks slightly and blend with part of the cooked mixture, then pour into the double boiler and cook 2 minutes, stirring constantly. Add the flavoring and pour into a baking dish. Cover with a Meringue made from the whites of eggs and the powdered sugar. Brown slightly in a slow oven.

Gelatin

Gelatin is obtained by boiling animal tissue. It is present in soup stock, as may be easily seen by the jelly-like mass which is formed when the broth is allowed to cool. It is carefully prepared for market and is sold in three forms, granulated, shredded, and in sheets. It is a light, easily digested food and is used to prepare many attractive desserts. It is particularly valuable in invalid cookery.

In preparing gelatin dishes the following rules should be carefully observed:

1. It should be soaked in cold water.
2. It should be dissolved in hot liquid.
3. It should never be allowed to boil.
4. It should be quickly cooled after dissolving in hot water.
5. It should be carefully covered to protect it from bacteria.
6. It should be kept in a cool place to become firm.
7. Care should be taken not to add too much acid, as it prevents the gelatin from hardening.

LEMON JELLY

2½ tb. granulated gelatin.	2½ c. hot water.
½ c. cold water.	1 c. sugar.
½ c. lemon juice.	

Soak the gelatin in the cold water until soft. Make a syrup by boiling the hot water and sugar; remove from the fire and add the soaked gelatin. When the mixture is partly cool, add the lemon juice, and pour into a mold which has been wet with cold water. Chill until firm, and serve with or without cream. To remove from the mold place for an instant in hot water and then turn out on a dish.

FRUIT GELATIN

Make as directed for Lemon Jelly, adding fresh or cooked fruits. Grapes, cherries, strawberries, raspberries, peaches, oranges, bananas and pineapples are used. The amount of lemon juice may be decreased and fruit juice may be substituted for part of the water.

APRICOT JELLY

- | | |
|-----------------------------------|--|
| $\frac{1}{3}$ lb. dried apricots. | Juice of 1 lemon. |
| 2 c. cold water. | 1 tb. granulated gelatin |
| 1 c. sugar. | soaked in $\frac{1}{4}$ c. cold water. |

Pick over and wash the apricots. Soak in the cold water several hours and then cook in the same water until soft. Rub through a sieve, add the sugar and enough water to make $2\frac{1}{2}$ c. Boil a minute, remove from the fire, add the soaked gelatin, and, when partly cool, the lemon juice. Pour into a mold which has been wet with cold water. Chill until firm, and serve with or without cream.

SNOW PUDDING

- | | |
|--|---------------------------------|
| $1\frac{1}{4}$ tb. granulated gelatin. | 1 c. sugar. |
| $\frac{1}{4}$ c. cold water. | $\frac{1}{4}$ c. lemon juice. |
| 1 c. boiling water. | Whites of 3 eggs, beaten stiff. |

Soak the gelatin in cold water. Make a syrup by boiling the hot water and sugar. Remove from the fire and add to the soaked gelatin. When the mixture is partly cool, add the lemon juice. Stir occasionally until it begins to thicken, then beat with a Dover egg-beater until frothy, add the beaten whites, stand in pan of ice water and continue beating until stiff enough to hold its shape. Pile lightly on a serving dish and serve with Soft Custard.

CHARLOTTE RUSSE

- | | |
|--|------------------------------------|
| $1\frac{1}{4}$ tb. granulated gelatin. | $\frac{1}{3}$ c. powdered sugar. |
| $\frac{1}{4}$ c. cold water. | Whip from $3\frac{1}{2}$ c. cream. |
| $\frac{1}{3}$ c. scalded cream. | 1 t. vanilla. |
| 6 lady fingers. | |

Soak the gelatin in the cold water until soft and dissolve in the hot cream. Add the sugar and vanilla and set the bowl containing the mixture in ice water, stirring until it begins to thicken. While it is still soft fold in the whip from the cream, adding about $\frac{1}{3}$ at a time. Pour the mixture into a mold lined with lady fingers or Sponge Cake. Chill thoroughly.

ORANGE CHARLOTTE

- | | |
|--|-----------------------------|
| $1\frac{1}{2}$ tb. granulated gelatin. | Juice of 1 lemon. |
| $\frac{1}{3}$ c. cold water. | 1 c. orange juice and pulp. |
| $\frac{1}{3}$ c. boiling water. | Whites of 3 eggs, or |
| 1 c. sugar. | whip from 1 c. cream. |

Soak the gelatin in the cold water until soft and dissolve in the hot water. Add the sugar, lemon juice, orange juice and pulp

and a little grated rind. Set the bowl containing the mixture in ice water, stirring until it begins to thicken. Beat until light, add the beaten whites or whip from cream and continue beating until stiff enough to drop. Put in a mold lined with lady fingers or sections of orange. Chill and serve with or without whipped cream.

FRUIT CHARLOTTE

Follow the recipe given for Orange Charlotte, using in place of the orange 1 c. stewed peach, pineapple or apricot, or 1 pt. fresh strawberries or raspberries rubbed through a sieve.

Frozen Desserts

DIRECTIONS FOR FREEZING

4 parts finely crushed ice. 1 part rock salt.

Put the mixture to be frozen in the can, put in the paddle, place the cover, and adjust the can in the freezer. Pound the ice in a strong cloth or bag, and put it in the freezer, alternating with layers of salt, or ice and salt may be mixed before freezing. The salt and ice should come a little higher than the mixture in the can. Turn the crank slowly and steadily until the mixture is partly frozen, then turn faster. Remove the dasher when the mixture is frozen. Cover carefully, and if possible, allow it to stand an hour to ripen, before serving.

LEMON ICE

$\frac{1}{2}$ c. lemon juice.

4 c. water.

$1\frac{1}{4}$ c. sugar.

Grated rind of 1 lemon.

Make a syrup of sugar and water, boiling 5 minutes. Cool and add juice and rind. Strain and freeze.

LEMON SHERBET

Add the stiffly-beaten white of 1 egg to the above when the mixture is frozen to the consistency of mush, and continue freezing.

MILK SHERBET

1 qt. milk.

$1\frac{1}{4}$ c. sugar.

$\frac{1}{2}$ c. lemon juice.

Mix the sugar and the strained lemon juice. Add the milk slowly, stirring all the while. Freeze according to directions. Orange juice may be substituted for part of the lemon juice.

VANILLA ICE CREAM

2 c. scalded milk.	1 egg.
1 tb. flour.	$\frac{1}{8}$ t. salt.
1 c. sugar.	1 qt. thin cream.
2 t. vanilla.	

Mix the dry ingredients and add the scalded milk. Cook 20 minutes in a double boiler, stirring constantly until thickened. Pour over slightly beaten egg, mix well and return to double boiler. Cook 2 minutes over water just below the boiling point. Remove from the fire, cool, add cream and flavoring. Freeze.

CHOCOLATE ICE CREAM

2 c. milk.	$\frac{1}{8}$ t. salt.
2 tb. flour.	1 t. vanilla.
1 c. sugar.	1 qt. thin cream.
1 egg.	2 sq. shaved chocolate.

Mix the dry ingredients and add the scalded milk gradually. Cook until thick, stirring constantly. Stir in the chocolate and cook until smooth. Pour over the slightly beaten egg, mix well, and cook 2 minutes over water just below the boiling point. Cool, add cream, and freeze.

JUNKET ICE CREAM

Make Vanilla or Chocolate Junket according to directions on page 29, using twice as much sugar and flavoring as the recipe calls for. When firm, freeze. One-fourth part cream may be added before freezing, but is not necessary.

FRUIT ICE CREAM

For a fruit cream, crushed berries, peaches, apricots, pineapple, etc., may be added to Vanilla or Junket Ice Cream (omitting the vanilla) after the mixture is partly frozen. If fruit is added at first, the cream may curdle.

FRUIT MOUSSE

$\frac{1}{2}$ tb. granulated gelatin.	$\frac{1}{2}$ c. fruit juice, or
1 tb. cold water.	1 c. juice and pulp.
$1\frac{1}{2}$ tb. hot water.	$\frac{1}{2}$ tb. lemon juice.
$\frac{1}{2}$ c. sugar.	1 c. heavy cream.

Soak the gelatin in cold water and dissolve it in hot water. Dissolve the sugar in the fruit juice without heating. Add the pulp, if used, and gelatin, and stir occasionally until it begins to thicken. Whip the cream and fold into the mixture. Put in a

mold which has been dipped in cold water, spread an oiled paper over the top, large enough to extend over the edges. Cover closely and pack in equal parts of ice and salt. Let stand 3 to 6 hours. To remove from mold, dip into hot water for an instant and turn out on a serving dish. This quantity serves 6 people.

Candy

NOTES ON MAKING CANDY

When sugar and a liquid are boiled together, a syrup is formed which is a foundation for candy. By varying the proportions and the length of time for boiling, and by the addition of other materials, such as eggs, butter, chocolate, nuts and flavorings, various candies are made.

TESTS FOR SYRUP

As syrup boils, it gradually becomes thicker and hotter. For each kind of candy the syrup should boil to a certain stage. This may be determined by testing in various ways, the most accurate of which is by the use of a candy thermometer. The simplest method for home use, however, is to drop a little of the syrup into a cup of cold water, and to find out its consistency by working between the fingers or striking against the side of the cup. Before the syrup can be tested in cold water it reaches a point called the thread stage. This is the first instant that it forms a thread when dropped from the tip of a spoon.

Following is a table of temperatures with their corresponding tests:

103° C.	216° F.	Small thread.
110° C.	224° F.	Long thread.
115° C.	238° F.	Soft ball.
119° C.	248° F.	Hard ball.
146° C.	290° F.	Crack.
277° C.	350° F.	Caramel.

MOLASSES TAFFY

$\frac{1}{2}$ c. New Orleans molasses.	1 tb. vinegar.
1 c. sugar.	$\frac{1}{2}$ tb. butter.

Mix the ingredients and cook until it becomes brittle when dropped in cold water. Pour in buttered pans. When cool, pull until it becomes a light color. Cut or break into pieces.

FONDANT

2½ c. sugar.

⅛ t. cream of tartar.

¾ c. hot water.

Put sugar, water, and cream of tartar in saucepan. Heat gradually and stir occasionally until dissolved, but do not stir after boiling begins. When completely dissolved, wash off sugar adhering to sides of pan with a damp cloth. Cook covered for 5 minutes. Remove cover and boil until a soft ball is formed when dropped in cold water. Pour out on a platter and, when almost cold, beat until creamy and knead. It may be kept for some time if packed in a dish and covered.

Fondant is the foundation for cream candies and may be colored and flavored as desired.

MINT WAFERS

Melt soft Fondant over hot water. Flavor with peppermint and drop from the tip of a spoon on oiled paper. The wafers may be colored, and flavored with wintergreen, lemon or pistachio, if desired.

STUFFED DATES

Select firm, unbroken dates. Wash them and remove the seeds. Fill the cavity with Fondant or nut meats.

CHOCOLATE CREAMS

Fondant.

Bitter or Confectioner's Chocolate.

Roll the Fondant in balls or any desired shapes. Place on sheets of oiled paper, and allow the surface to dry slightly. Melt the chocolate in a deep, narrow dish over hot water. Lift the balls, one at a time, on a fork or knitting needle, dip into the melted chocolate and dry on oiled paper. For a thick coating have the Fondant balls quite cold and the chocolate not too hot. If a sweet coating is desired use confectioner's dipping chocolate.

NUT BRITTLE

1 c. nut meats.

1 c. sugar.

Few grains salt.

Spread the nuts on a shallow buttered pan. Melt the sugar in a frying pan over a low flame, stirring constantly until amber-colored but not scorched. Add the salt and quickly pour over the nuts.

CHOCOLATE FUDGE

2 c. sugar.	2 tb. butter.
$\frac{2}{3}$ c. milk.	2 squares chocolate.
1 t. vanilla.	

Mix the sugar, milk and chocolate. Heat slowly and boil until a soft ball is formed when a little syrup is dropped into cold water. Add the butter, remove from fire and let stand until cold. Beat until creamy and turn out on buttered plates. Mark into squares.

VANILLA CARAMELS

2 c. sugar.	$\frac{1}{4}$ c. butter.
$\frac{1}{4}$ c. corn syrup.	1 t. vanilla.
$\frac{1}{2}$ c. milk.	$\frac{1}{2}$ c. nuts, if desired.

Cook the sugar, milk and corn syrup to the soft ball stage, add the butter and continue cooking to the hard ball stage. Remove from the fire, add vanilla and nuts and pour into buttered pans. When cool, cut into squares and wrap each caramel in oiled paper.

CHOCOLATE CARAMELS

Use recipe for Vanilla Caramels. Add 2 squares of chocolate to the sugar, milk and corn syrup and heat the mixture slowly to melt the chocolate before boiling begins.

SALTED NUTS

Use almonds or unroasted peanuts. To blanch them, cover with boiling water and boil 1 minute. Cover with cold water and drain. Remove the skins and dry the nuts on a clean cloth. Fry a few at a time in olive oil or equal parts of clarified butter and lard, using a small deep pan. Turn the nuts constantly in order to brown them evenly. Drain, spread on unglazed paper, and sprinkle with fine salt. Instead of frying them, the nuts may be dipped in olive oil or melted butter, spread in a shallow pan, and browned in the oven. They will need occasional stirring to brown them evenly.

The Preservation of Food

Foods are spoiled by the action of bacteria, yeast, and mold, unless preserved in some way. Any method which keeps those organisms inactive or destroys those present and excludes others may be used, if it does not injure the food. The common ways of preserving are, by cold storage, drying, salting, cooking and sealing, and by the use of a large proportion of sugar.

DIRECTIONS FOR CANNING

Open Kettle Method

Wash jars and fill with cold water, place them on a rest in a deep pan. Surround the jars with warm water; heat gradually until the water boils and boil 15 minutes. Rubbers must be dipped in hot water, but should not be left in long. Keep jars in boiling water until ready for use. Empty them and fill with boiling fruit. Pass a silver knife or spoon handle down between the jar and fruit to allow bubbles to escape. Fill the jars to overflowing and quickly put on the sterilized rubbers and covers.

Continuous Steaming

Fill clean glass jars with vegetables or fruits, adding enough water or syrup to fill all air spaces. Adjust the rubbers and lids but do not fasten them. Place the jars on a rack in a steamer and pour in water to half the depth of the jars. Steam from $1\frac{1}{2}$ to 2 hours and seal immediately. If some of the liquid in the jars has evaporated it may be replaced with boiling water before sealing. A steamer may be improvised by placing a wooden rack in the bottom of a large kettle or wash-boiler with a close fitting cover. This method is of advantage in preserving the shape and color of fruits and vegetables.

Intermittent Steaming

Fill jars and place in a steamer as directed for Continuous Steaming. Steam for one hour on each of three successive days. Seal immediately after the first steaming. If some of the liquid in the jars has evaporated it may be replaced with boiling water before sealing. This method is of advantage in canning vegetables which are difficult to keep.

CANNED TOMATOES No. I

Wash, scald and peel the tomatoes. Cut them in pieces and cook until soft. Can according to the directions for the Open Kettle Method.

CANNED TOMATOES No. II

Wash, scald and peel the tomatoes, cutting large ones in halves. Can according to the directions for Continuous Steaming.

STRAINED TOMATOES

Wash the tomatoes and cut them in quarters without peeling. Cook until soft with a little sliced onion if desired. Strain and can according to the directions for the Open Kettle Method.

CANNED BEANS

Wash the beans and string them. Break them in halves or thirds and pack in clean glass jars, adding 2 t. salt to each quart jar. Fill with cold water and proceed according to the directions for Intermittent Steaming.

CANNED CORN

Remove husks and silk from the corn. Cut off the tips of the kernels with a sharp knife and scrape out the remaining pulp with the back of the knife. Pack in clean glass jars, adding $1\frac{1}{2}$ t. salt to each quart jar. Fill to overflowing, using a little water if necessary. Follow the directions for Intermittent Steaming.

CANNED PEAS

Shell the peas and pack in clean glass jars, adding $1\frac{1}{2}$ t. salt to each quart jar. Fill to overflowing with water and proceed according to the directions for Intermittent Steaming.

GRAPE JUICE

Select ripe grapes, pick over and wash them, and remove from the stems. Put in a kettle, crushing them with the hands or a wooden potato masher. Simmer 20 minutes, stirring occasionally to keep them from sticking. Press through a colander and then drain through a jelly bag. Heat the juice to the boiling point; add sugar, if desired, and boil a few minutes. If a scum forms, remove it, and seal the juice in sterilized bottles.

CANNED FRUIT

Fruits may be canned according to the directions given for the Open Kettle Method or Continuous Steaming. They will keep without sugar but are usually sweetened. Hard fruits should be

cooked in water until tender before adding the sugar and others may be cooked in syrup. For sweet fruits use about one-half as much sugar as water and for very sour fruits use equal measures of sugar and water.

NOTES ON MAKING JELLY

1. Fruits contain a peculiar substance called pectin, which in combination with sugar and an acid makes fruit juice jellify.

2. Fruits that contain both pectin and an acid, such as green grapes, currants, plums, sour apples and blackberries, are easily jellified.

3. Fruits that contain pectin but insufficient acid, such as sweet apples, peaches and pears, require the addition of an acid which may be supplied by lemon juice or sour apples.

4. To test fruit juice for pectin mix a spoonful of grain alcohol with an equal amount of the juice. If it is rich in pectin a jelly-like mass will form. If the juice does not respond to the test boil it down or add juice from some other fruit known to contain pectin.

5. Fruits for jelly making should be barely ripe or under-ripe.

6. Juice for jelly should be cooked out of the fruit, not simply pressed out.

7. Jelly should be clear, firm, tender and of good color and flavor.

8. Failures in jelly making may be caused by:

- (1.) Too much sugar.
- (2.) Too long boiling.
- (3.) Insufficient acid or pectin.
- (4.) The use of over-ripe fruit.

DIRECTIONS FOR MAKING JELLY

Wash the fruit and remove the stems and imperfections. Cut large fruit into pieces without removing skins or seeds. If the fruit is very juicy, add only enough water to prevent burning, but for less juicy fruit use enough water to cover. Cook until the fruit is soft, crushing it as it cooks, and drain through a jelly bag that has been wrung out of hot water. Use the juice that drips through without squeezing to make clear jelly. The remaining juice may be left in the pulp, from which an acceptable Fruit Butter may be made; or it may be pressed out and kept by itself to make cloudy jelly; or more clear juice may be extracted by

adding water to the pulp, cooking and draining again. This process may be repeated several times, making clear juice which should be reduced by boiling until it responds to the test for pectin. Measure the juice and heat three-fourths as much sugar for most jellies. Boil the juice 20 minutes and add the sugar. Boil until it "sheets off" when dropped from a spoon; or until it thickens a little and a skin forms when a few drops are cooled on a plate. As a scum forms remove it. Pour into sterilized jelly glasses and when it is firm cover with hot paraffin.

GRAPE JELLY

Follow the Directions for Making Jelly. If the grapes are green, use an equal measure of sugar and juice; if ripe, use three-fourths as much sugar as juice.

CURRENT JELLY

Follow the Directions for Making Jelly, using an equal measure of sugar and juice.

CURRENT AND RASPBERRY JELLY

Follow the Directions for Making Jelly, using three-fourths as much sugar as juice.

APPLE OR CRABAPPLE JELLY

Follow the Directions for Making Jelly, using three-fourths as much sugar as juice. Other fruit juice, such as plum or grape, may be added to the apple or crabapple juice to improve the color and flavor.

PLUM JELLY

Follow the Directions for Making Jelly, using three-fourths as much sugar as juice. As plum jelly is strong in flavor it is improved by the addition of apple juice.

QUINCE JELLY

Quince jelly may be made from the whole fruit, or from the parings and cores of quinces used for canning. Follow the Directions for Making Jelly, using three-fourths as much sugar as juice.

PRESERVED FRUITS

Fruits may be preserved in enough sugar to keep without sealing but canning is now so easily accomplished that this process is not extensively used. From three-fourths to the full weight of the fruit in sugar is required. Hard fruits should be cooked until

nearly tender in water which may be used for the syrup. Make a heavy syrup, using one-fourth as much water as sugar. Add the fruit and cook till tender.

FRUIT BUTTER

Peaches, pears, apples, plums and grapes are used for making fruit butter. For peach, pear or apple butter, wash, pare and slice the fruit. Cook it in a little water until tender. For grape or plum butter wash the fruit, cook in a little water and when soft press through a colander. To the pulp add about half as much sugar and a little spice if desired. Cook until it thickens, taking care not to let it scorch, and seal in sterilized jars. Pulp left after extracting part or all of the juice for jelly may be used for fruit butter but usually requires the addition of other fruit and spice to improve the flavor.

ORANGE MARMALADE

3 oranges.

Sugar.

1 lemon.

Water.

Boil the fruit whole for 10 minutes and soak in cold water over night. Drain and slice as thin as possible, removing the seeds. Add twice as much water as fruit and let it stand over night. Boil 10 minutes and let it stand until the next morning. Add to the mixture an equal measure of sugar and boil until it responds to the jelly test. Boiling the fruit whole and soaking over night reduces the bitter flavor. If a bitter marmalade is desired omit that process. This amount makes about 8 glasses and takes about 4½ lbs. of sugar.

GRAPEFRUIT MARMALADE

1 grapefruit.

1 lemon.

1 orange.

Sugar.

Water.

Wash the fruit and cut it into very thin slices. Add three times as much water as fruit and let stand over night. Boil 10 minutes and let stand over night again. Add to the mixture an equal measure of sugar and cook until it responds to the jelly test. This will take from 1½ to 2 hours and care must be taken not to let it scorch. Pour into jars or jelly glasses.

RHUBARB CONSERVE

2 oranges.

½ lb. shelled nuts.

3 lb. sugar.

Juice of 3 lemons.

4 c. rhubarb cut into inch pieces.

Wash the rhubarb before cutting it, but do not peel it. Wash the oranges and cut off thin strips of the yellow part of the skin. Mix the rhubarb, orange juice and pulp, strips of skin, and lemon juice with the sugar. Cook slowly, stirring constantly until ready to jellyfy. Add the nuts, and seal in sterilized glasses.

GRAPE CONSERVE

2 qt. stemmed grapes.	3 oranges.
1½ lb. raisins.	½ lb. nuts.

The grapes for conserve should not be over-ripe. Wash the grapes and separate the pulp from the skins. Cook the pulp until soft and press through a sieve. Remove pulp and juice from the oranges, and add to the grape skins, pulp, and raisins. Measure and add an equal amount of sugar. Simmer until ready to jellyfy; add nuts if desired, broken in pieces; and pour into sterilized glasses. Cover with melted paraffin.

CHILI SAUCE

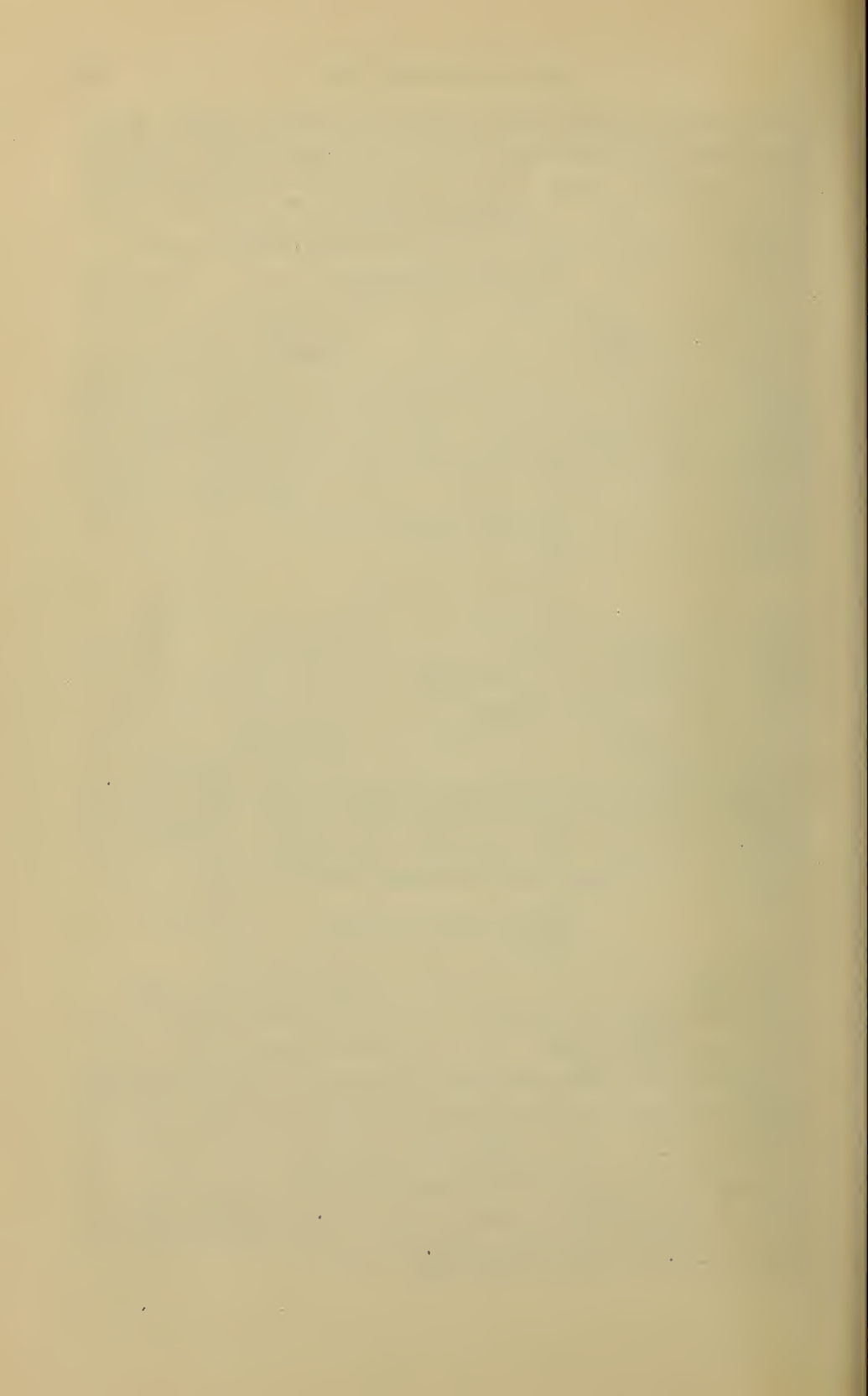
3 pt. ripe tomatoes, cut in pieces.	1 tb. salt.
1 red pepper, finely chopped.	½ t. cloves.
1 onion, finely chopped.	1 t. cinnamon.
⅓ c. sugar.	1 t. allspice.
Vinegar.	1 t. nutmeg.
	Bay leaf if desired.

Peel tomatoes and cut them in pieces. Cook with onion and pepper about two hours, or until thick, stirring occasionally to prevent scorching. Add remaining ingredients, using as much vinegar as necessary to give the desired flavor. Bottle and seal.

CUCUMBER PICKLES

2 qts. small cucumbers.	12 small onions.
Brine.	4 inches stick cinnamon.
5 c. vinegar and water.	2 small hot peppers.
¾ c. sugar or less.	2 tb. mustard seed.

Select small firm cucumbers as soon after cutting as possible. Wash them with a cloth and let them stand over night in a brine strong enough to float an egg. Make mixture of about equal parts of vinegar and water, varying the proportion according to the strength of the vinegar. Add sugar and cucumbers and heat just until the color changes. Remove the cucumbers and pack them in jars with the remaining ingredients. Heat the vinegar to the boiling point, fill the jars and seal.



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